



**Western Cape Association  
for Infant Mental Health**



Thank you to all that arrived for last month's talk despite the threat of load shedding. We also wish to say a special thank you to the Department of Child and Adolescent Psychiatry (DCAP) for so graciously accommodating us and the changes in the programme for both last month and this month.

In February, **Dr Susan Hawkrigde** discussed the Constitutional Court ruling on corporal punishment. She reviewed the vast body of evidence pointing to the detrimental effects of corporal punishment. A lot of discussion arose from the talk and it is clear that there is much reflection on this topic. Those in attendance brought to light the difficulties in navigating public opinion on physical chastisement when trying to work with parents in a mental health context.

A useful resource for both practitioners and parents is <https://www.attachmentparenting.org/principles/discipline>  
This is the official Attachment Parenting International Webpage. The website contains stage and age appropriate information for parents, and practical tools to implement discipline that is based on attachment parenting.

**Last Month**

## March Speaker

This month we have the pleasure of hosting Katharine Frost, Educational Psychologist and Clinical Director of Ububele in Johannesburg.

Katharine will be presenting a case that highlights the subject of *"The Traumatized Infant"*.

She will describe an ongoing case of a mother and baby that has been seen at Ububele since 2018. The case in itself is one characterised by trauma, domestic violence and much complexity. The case will also allow for a window into the 'basket' of services that is provided by Ububele which consists of various Infant Mental health interventions offered in various settings within Alexandra - from NBO (Newborn Behavioral Observations) at clinics and hospitals to home visits and play groups.

We hope to see you all take up this rare opportunity of hearing Katharine speak here in Cape Town.



## March Talk Date Change

Please take note of the **change in date** for our upcoming talk, which will now take place on **TUESDAY, 17 March 2020, 7pm for 7:30pm** at DCAP. We wish to thank all those who completed the survey that assisted us in deciding on the change in date.

## Trending....

How are babies captured in the media and what is shared about them with the general public?

A thought-provoking and emotional new **Netflix** docuseries entitled '**Babies**' follows 15 babies all over the globe over the course of their first year. The show manages to capture cutting edge research such as:

- Rebecca Spencer, Ph.D, director of the UMASS, Amherst Sleep Monitoring Lab who has studied the **importance of naps for a baby's learning**
- Michael Georgieff, M.D., executive vice chair and professor of the Department of Pediatrics at the University of Minnesota, who has **linked iron and other micronutrients to babies' ability to form memories**
- Ruth Feldman, Ph.D., professor of developmental social neuroscience at the Interdisciplinary Center (IDC) in Herzliya, Israel), who discovered that the surge in **oxytocin, the bonding hormone, that occurs in new mothers, can also take place in men**
- Susan Lynch, Ph.D., professor of medicine at the University of California, San Francisco, who found that **babies living with dogs and cats are better protected from developing asthma and allergies**
- Ed Tronick, Ph.D on his work on the Still Face experiment and the **impact of sensitive and attuned caregiving on attachment**

You can view the trailer to the series **Babies** on YouTube or watch the full series on Netflix.com.

The WCAIMH has a dedicated [Facebook page](#) on which members can access upcoming events, special articles and posts related to Infant Mental Health. You will also be able to easily access links for the websites described in the Newsletter. We encourage you all to check it out and join!

## Upcoming Events

- There is still time to register for the Newborn Behavior Observation Training happening on 16 and 17 March 2020. Please email [aneesat@sun.ac.za](mailto:aneesat@sun.ac.za) for bookings and more information
- Dr Mark Solms will be presenting "The Neuroscience of Emotion" on 23 March at 7pm at The Jagger Lounge. Please check out 'The Fruitcake Society' on Facebook for more details, tickets are available for purchase from [www.quickticket.co.za](http://www.quickticket.co.za)

We look forward to seeing you all again from **7:00 for 7:30pm** on **Tuesday 17 March** at the Outpatient Unit of the Division of Child and Adolescent Psychiatry (DCAP), situated in 46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd.

**Visitors** are always welcome and can pay a fee of R60 (in an envelope marked with your name please).

We always welcome any suggestions and feedback about the Association, so please get in touch with us via **email** or via our **Facebook** page.

The annual fee to become a member of WCAIMH remains **R375**, an early bird rate of **R325** is payable before 31 March 2020. To become a member use your **name** and **surname** as a reference and email **proof of payment** to our treasurer, Barbara ([b.kantor@iafrica.com](mailto:b.kantor@iafrica.com)).

Banking information is as follows:

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Making contact

[www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za) 