



**Western Cape Association
for Infant Mental Health**



Last month

Greetings to all members and friends of WCAIMH. The excellent talk by **Salisha Maharaj** in **April** introduced members to the Newborn Behavioural Observation (NBO), a cost-effective and high impact tool to help demonstrate to parents the unique capacities of their infant. There was much enthusiasm for the potential use of the tool, especially in resource-limited contexts. The possibility of hosting training in Cape Town is being explored.

Membership

The annual fee to become a member of WCAIM remains **R375**

Banking information is as follows:

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your **name** and **surname** as a reference and email **proof of payment** to our treasurer, Barbara (b.kantor@iafrica.com).

May speaker

We are very excited about the upcoming talk by **Dr. Nicola Dugmore** on **Thursday 16 May**. She will be speaking on: **The presence of a “nanny” in South African infant observations**. Many South African infants are co-reared by a ‘nanny’ who has been employed as a domestic worker in the infant’s home. Very little research has been carried out into the impact of ‘nannies’ on the infant’s early life and development, or on the particular triangulated relationships that develop between infant, mother and “shadow mother” in the South African context. This presentation explores aspects of these two themes illustrated by vignettes from infant observations.

Dr Nicola Dugmore is an educational psychologist offering psychotherapy in a private practice in Newlands, Cape Town. She has a PhD (Psychology) from University of the Witwatersrand and the title of her doctoral thesis was Psychoanalytic parent-infant psychotherapy in South Africa: Opening ports of entry and flexing the frame. Nicola teaches infant observation on the MPhil Infant Mental Health programme at Stellenbosch University. She has had several papers published in journals that include Infant Mental Health Journal and Journal of Child Psychotherapy.

Upcoming conferences

The **South African Association for Child and Adolescent Psychiatry and Allied Professions (SA-ACAPAP)** is hosting a congress from **23 to 25 May** in Johannesburg. The theme of the congress is **Sustaining Development – Investing in Child and Adolescent Mental Health**. Of particular interest is a workshop on the Traumatized Baby, hosted by the World Association of Infant Mental Health. Prof. Astrid Berg and Salisha Maharaj will be collaborating with members of the Gauteng Association of Infant Mental Health (GAIMH) and the past president of WAIMH, Miri Keren. Trauma, physical and psychological, has a profound impact on the brain development of infants and young children. The world refugee crisis has been a central concern of the World Association for Infant Mental Health which focused on this in the past two international congresses.

For more information, visit <https://conference.eventsair.com/QuickEventWebsitePortal/sa-acapap/saacapap>

The next world conference of the World Association of Infant Mental Health (WAIMH) was announced this week. The conference will take place from 7 to 11 June 2020 in Brisbane, Australia. The theme will be **Creating stories in Infant Mental Health: research, recovery and regeneration**. More details can be found on their website <http://waimh2020.org/>



Maternal mental health awareness

World maternal mental health awareness week was celebrated internationally between 29 April and 3 May, with the first Wednesday of the month of May designated as World Maternal Mental Health Day. Various countries from Kenya to Qatar, Sri Lanka to Romania participated by hosting campaigns. The theme was #MakingOverMotherhood – focussing on talking about the things that mothers often hide, the real struggles and difficulties.

The Spanish Marcé Society (MARES) and the Spanish Association of Perinatal Psychology collaborated to compile a video in support of this year's World Maternal Mental Health Day Campaign. The link to the video is below - the audio is Spanish, it is subtitled in English. https://youtu.be/f57C1PMYu_Y

For more information on the global campaign and organizations attached, you can visit <https://wmmhday.postpartum.net/>

As always, we look forward to seeing you all again from **7:00 for 7:30pm on Thursday 16th of May** 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 also encourage you to forward your name and car registration details to Salisha Maharaj for access to parking within the security area.

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

www.infantmentalhealth.co.za

