



WESTERN CAPE ASSOCIATION FOR INFANT MENTAL HEALTH

## AUGUST NEWSLETTER AND NOTICE OF AUGUST MEETING

Our next meeting will be held on **THURSDAY 20 August at 7:30pm** at the Out-patient Unit of the Division of Child & Adolescent Psychiatry, 46 Sawkins Road, Rondebosch (Build A).



### **SLEEPING LIKE A BABY - What is that ? BY DR NILS BERGMAN**

**This presentation will examine the neurological basis for how sleep develops, as well as the role sleep plays in neurodevelopment.**

*Dr Bergman introduced Kangaroo Mother Care to South Africa in 1995. He was Senior Medical Superintendent of the Mowbray Maternity Hospital (7000 deliveries per year) Dr Bergman continues to live and work in Cape Town, as a Consulting Public Health Physician. He is also an Honorary Research Associate at the University of Cape Town, South Africa. Apart from his original degree, he holds a Diploma in Child Health, a Masters degree in Public Health, and a Doctoral degree in Clinical Pharmacology. He is married to Jill, who works in her own capacity on their team promoting awareness of the infant's needs.*

#### **Last Meeting:**

Dr Zanda Jaquire gave a thought provoking and measured talk on the secrecy that underlies Assisted Reproduction, egg donors and surrogacy. She managed to combine in- depth research with topical practical issues and, as shown by the lively discussion, sparked us into new avenues of awareness .Our thanks to you, Zanda.

#### **Our Manifesto:**

**As your committee we continue to strive to provide our Professional Parent-Infant Carers with much needed, easily digestible and nutritious monthly meals, for the mind and heart.** Part of that nurture is the interactive meeting and collaboration with fellow workers.

Mindful of outreach we need to build up our resource base. **Contributors to the resource base will be acknowledged and your contact details will be added to your selected article** (or summary or excerpt thereof) so that there can be interaction around areas of interest. The information will be added to our webpage, [www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za) Please send an e-mail to [jeaninebeukes@telkomsa.net](mailto:jeaninebeukes@telkomsa.net) to give your input.

**Community infant-mental-health-related project proposals welcome. Please get your proposals to us without further delay. We have the resources and you members have the opportunities and ideas- Lets work together.**

**GAIMH Conference:** Early registration (Aug 30 deadline) for **Friday 30<sup>th</sup> – Saturday 31<sup>st</sup> October 2015** and make every effort to attend this conference in Johannesburg. See website: [www.gaimh.co.za](http://www.gaimh.co.za)

The whole committee will be there to show their support in this initiative. Hoping it will be the start of much rewarding collaboration.

**A Few Admin Matters:** The yearly subscription is R350. All fees due now. Non-member guest contribution is R50 (in a named envelope, please). Ad hoc guests are not eligible for CPD points. Account details: WCAIMH; Standard Bank, Rondebosch, Account no. 274916401. Branch code: 051001

**Jeanine Beukes , Chairperson WCAIMH** [jeaninebeukes@telkomsa.net](mailto:jeaninebeukes@telkomsa.net)