



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

This newsletter includes information about our **September speaker**, a final reminder about the **Ethics in Infant and Early Childhood mental health survey**, a **resource** on supporting infants and families who have experienced trauma, excerpts from **Perspectives in IMH** and **dates** of future ZA-AIMH meetings. In August, **Nicolene Scott** presented an interesting review of the Australian Association for IMH's position paper on Supporting Infant Sleep. If you missed this talk, please email us for a recording.

SEPTEMBER SPEAKER



We are excited to introduce **Prof. Josien de Klerk** who will be presenting her talk **What Documents Know: Collaborative Analysis of Records from an Infant Mental Health Intervention in Johannesburg, South Africa**. She will present findings from a collaborative research programme that emerged alongside an IMH intervention in Johannesburg. Ethnographic in design, the programme sought to address research fatigue through the secondary analysis of intervention records produced by Early Childhood Community Practitioners (ECCPs) at the Ububele Educational and Psychotherapy Trust. ECCPs routinely wrote reflective reports following home visits. The presentation explores how these records can be read as rich qualitative data, revealing forms of care, intervention practice, and the everyday realities of family life in Alexandra Township. Rather than treating programme documents as mere administrative outputs, they provide knowledge-producing artefacts. She will highlight the analytical value of existing intervention data and reflect on the possibilities and challenges of collaborative research using routine programme records.

Josien de Klerk is a medical anthropologist and Associate Professor at Leiden University College. She has extensive research experience in Eastern Africa on topics of aging, community-based and kinship care, HIV/AIDS and chronic caring, grief, stress and wellbeing and the politics and practices of public health interventions.

Date: 17 September at 19:00
Cost: Free for ZA-AIMH members
R100 for guests
Registration link: [ZOOM](#)

Please send proof of payment to
zainfantmh@gmail.com

Banking details on next page



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Ethics and Infant and Early Childhood Mental Health Survey

Have you been challenged by ethical issues in your work? Practitioners are invited to share their experiences!

The **Ethics and Infant and Early Childhood Mental Health Survey** is being conducted by The Infant Mental Health Ethics Collaborative.

The purpose of this survey is to understand practitioners' experience of ethical issues in their work with infants and their families, and the resources they use to address these.

The survey is anonymous. WAIMH will not share WAIMH member or Affiliate member personal or contact information with the IMH Ethics Collaborative.

Read the background article:

<https://perspectives.waimh.org/2026/04/30/infant-and-early-childhood-mental-health-is-it-time-for-a-code-of-ethics/>

Complete the survey:

<https://redcap.link/ethicsandinfantmentalhealth>

Get in touch

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ZERO TO THREE
Early connections last a lifetime

Resources for working with infants and families

ZERO TO THREE offers early childhood trainings and resources to address the most critical issues impacting babies and toddlers.

Young children and their families are profoundly impacted by trauma, which can have lasting implications for their well-being and development. Babies and toddlers often lack the words to convey how they are feeling, leaving caregivers and professionals to interpret a range of unexpected or atypical behaviors. Understanding and supporting young children in these situations requires knowledge, empathy and access to specialized tools and services.

For Zero to Three resources related to supporting young children through times of stress and trauma, visit this link: [Resources](#)

ZA-AIMH Banking details:

Account name: WCAIMH

Standard Bank, Rondebosch

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Perspectives

in Infant
Mental
Health

Perspectives in Infant Mental Health is WAIMH's free to access professional publication that gives members an opportunity to share research of interest, provides a forum for the exchange of news and views from around the world, serves as a nexus for the establishment of a communication network, and informs members of upcoming events and conferences.

The full publication can be accessed here: [Perspectives](#)

A powerfully-written article by Kevin Nugent (creator of the Newborn Behavioral Observations) and colleagues titled **The Promotion of Human Rights and the Newborn Behavior Observations (NBO) system** proposes that the NBO system can be used to affirm infants' human rights.

Using this tool with new parents, they can be empowered to notice, support and respond to their infant's communication, capacities and vulnerabilities, thereby affirming the newborn's rights to dignity and respect. The use of the NBO assists parents and clinicians to focus on engaging in real time in a relationship with the newborn as a competent and communicative person and situating the infant as central to the family and community.

This article can be accessed here: [NBO](#)



Book Review:

Arietta Slade, internationally recognized attachment theorist, researcher, and infant mental health specialist, reviewed Claudia Gold's book, *Getting to Know You - Lessons in Early Relational Health from Infants and Caregivers*.

Gold's book is described as a wonderful resource of contemporary developmental theory and science, filled with many case vignettes. The central premise is the practitioner's capacity to hold a stance of humbly "not knowing", observing, watching, waiting, and listening, even when parents demand answers and fixes. The full book review can be found here: [Gold](#)

UPCOMING ZA-AIMH MEETINGS

22 October – Feedback from WAIMH World Congress in Toronto

19 November – Annual General Meeting

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