



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

This newsletter includes information about our April speaker, information from WAIMH and Perspectives in IMH as well as information about ZA-AIMH membership. Our March speaker provided an inspiring talk about the first Infant and Early Childhood Mental Health Conference in Pakistan and shared a novel way of generating relevant research. If you missed this talk, please email us for a recording.

APRIL SPEAKER



We are very excited to welcome **Dr Anusha Lachman** as our April speaker, who will present on the topic **“The Promise of Positive Early Infant Interactions”**.

This talk will provide an overview of the underpinnings of Positive engagement, the potential for supporting optimal brain development, playful interactions and shared pleasure as a research tool.

Dr. Lachman is a Child & Adolescent Psychiatrist, and the Head of Child and Adolescent Psychiatry at Tygerberg Hospital. She is the course co-convenor of the MPHIL IMH degree program at Stellenbosch University and Co-chair of the Transdisciplinary Research Think Tank at Stellenbosch University's Public Square in Infant Mental Health & Early Intervention. Her interests lie in education and training in child mental health, and supporting contextually relevant research in limited resource settings.

She completed her PHD in Maternal and Infant mental health in 2022 looking at Shared Pleasure as a paradigm in mothers with mental illnesses.

Dr. Lachman currently holds positions of President's Executive at Large on WAIMH, Immediate Past President of the South African Society of Psychiatrists, and Executive director at the Africa Global Mental Health Institute.

Date: 16 April 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



**South African Association
for Infant Mental Health**



**WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH**

WAIMH MATTERS

Call for Solidarity in Peace Efforts for Infants, Young Children, Their Families and Frontline Workers

The World Association for Infant Mental Health recently published this urgent call for collective solidarity in the pursuit of peace for infants, young children, and their families, who continue to suffer immense trauma as a result of the ongoing and renewed conflicts and violence across the globe.

We stand together with healthcare professionals and caregivers, recognising the difficulties they must face trying to protect their children. The long-term mental health impact on present and future generations is immense. We urge those engaged in conflict to reflect on the legacy they are leaving for their grandchildren and on the generations that follow, and to work towards a world that strives for peace, compassion and safety for all.

Get in touch

🌐 www.infantmentalhealth.co.za

✉ zainfantmh@gmail.com

Infants in Crises Working Group and Resource page

With ongoing conflict and escalating violence across the globe, more and more infants, young children, families and healthcare workers are affected by these events.

WAIMH has an Infants in Crises working group, led by President Prof. Astrid Berg, which aims to develop systems and people-focused relationships within the WAIMH global professional community, that directly function to support colleagues working with infants in crises contexts.

If you are in need of any trauma-related resources focussed on infants and young children, or know of someone who may benefit, please visit the page [here](#).

ZA-AIMH Banking details:

Account name: WCAIMH

Standard Bank, Rondebosch

Account number: 274916401,

Branch code: 051001



South African Association for Infant Mental Health



WAIMH

Perspectives

in Infant
Mental
Health

Perspectives in Infant Mental Health is WAIMH's free-to-access professional publication. It 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.

Perspectives is published three times a year and the most recent publication focussed on decolonisation work across the globe, including a [paper by Prof. Fiona Ross, an anthropologist from UCT](#). Other noteworthy papers include topics such as: [Digital colonisation in IMH](#), [Multigenerational Indigenous Frameworks Informing Infant Mental Health Revitalization](#), and [Rethinking IMH through proximal care](#).

To access Perspectives, or submit an article, visit: <https://perspectives.waimh.org/>

Special Issue: Integrating Fathers into IMH Care

The importance of early relationships is central to the field of infant and early childhood mental health (IECMH), yet the role of fathers has too often been overlooked or relegated to the margins. This special issue seeks to reframe and elevate fatherhood by centering father's voices, experiences, and contributions as integral partners in shaping early relational health and child development.

Submission deadline: 1 May 2026

Submission guidelines can be found [here](#)



**World
Infant, Child
and
Adolescent
Mental
Health Day
(WICAMHD)
2026**

Developing Emotional Safety and Preventing Suicide in a Post-Pandemic World

This year's theme for WICAMHD emphasizes the critical importance of establishing an emotionally secure environment within communities where infants, children, and adolescents feel supported, heard, and protected. By enhancing early intervention strategies, we can transition from post-pandemic recovery and promote resilience and the safeguarding of young lives.

The webinar demonstrates how emotional safety can be built through connected systems:

1. Digital front doors for youth
2. Community and tier one support
3. Clinical escalation and crisis care
4. Evidence based national guidelines

Date: 23 April at 13:00

Duration: 75 minutes

Cost: Free, but registration
required

Registration link: [Link](#)

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