



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

This newsletter includes information about our **August speaker**, an invitation to participate in the **Ethics in Infant and Early Childhood mental health survey**, offerings from Mind in Mind (with a discount code!), and science-driven information about **Why Early Matters**. At our August meeting, Rachel Makoni presented her interesting research on inter-racial adoption and the experiences of the parents involved. If you missed this talk, please email us for a recording.

AUGUST SPEAKER



We are very excited to introduce our August speaker, **Nicolene Scott**. She will be presenting **Supporting Infant Sleep: A Review of the Australian Association for Infant Mental Health's Position Paper**. This presentation invites practitioners to consider our role in providing support and guidance to families who present with concerns around their infants' sleep. Following the guidelines as set out in the Australian Association for Infant Mental Health's Position Paper on Infant Sleep, this presentation considers the needs for approaches that are attachment informed, backed by research on normative infant sleep, and that provide alternatives to non-responsive and extinction-based behavioural sleep interventions.

Nicolene Scott is a clinical psychologist in Somerset West. With a passion for maternal and infant mental health, she has dedicated her practice to supporting families with young children. She assists parents in navigating the adjustment to parenthood, and creating a nurturing environment in which parents can support and nurture their attachment relationship with their infants and young children. She also strives to grow the "village" of attachment informed therapists through peer facilitated learning, with a hope that more families in SA will have access to attachment informed practitioners.

Date: 20 August 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

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

🌐 www.infantmentalhealth.co.za

✉ zainfantmh@gmail.com



MINDⁱⁿMIND

Legacy Interviews and Masterclasses

Jane O'Rourke founded MINDinMIND to share the thinking and clinical experience of world-class experts and celebrate their contribution to the mental health field. Their goal is to make advanced psychological knowledge accessible, ultimately improving mental health care for all ages.

Mind in Mind has a wide range of recordings of Legacy interviews with pioneers and cutting-edge leaders in the field of infant mental health and beyond, including Beatrice Beebe, Dilys Daws, Isca Wittenberg, Joy Osofsky, Ed Tronick, Arietta Slade and more. South Africans can use the code **SA50** for a 50% discount and there is currently a Summer Special where you can choose 3 and pay for only 2!

To explore their offerings, visit <https://mindinmind.org.uk/>

ZA-AIMH Banking details:

Account name: WCAIMH
Standard Bank, Rondebosch
Account number: 274916401,
Branch code: 051001



South African Association for Infant Mental Health



Center on the Developing Child
HARVARD UNIVERSITY

At A Glance: Why Early Matters

When it comes to development, it's not just what happens that matters, but when. Beginning before birth, the experiences and exposures that children have early in life – when their developing biological systems are most sensitive to environmental influences can have powerful and lasting effects on their development, with lifelong implications for their health and well-being.

Learn why a child's earliest years are so important, and what we can do to help ensure our children build healthy foundations for a lifetime.

The recently published At a Glance piece by the Center on the Developing child provides an accessible overview of key topics in early childhood development and shares actionable strategies that policymakers, parents, and advocates can use to support children's health and well-being in their own communities.

This useful document can be found [here](#) and includes science-driven information on early development, sensitive time periods as well as strategies that can provide support to infants and their families.

ZA-AIMH MEMBERSHIP 2026

Membership to ZA-AIMH is open to anyone working in the field of infant mental health, including: *Social Workers *Midwives *Paediatricians *Psychologists *Occupational Therapists *Speech Therapists *Teachers *Nurses *Doctors *Childcare Workers

Membership spans from 1 January to 31 December. We have **maintained** the annual membership at R500. Membership allows you access to all talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended.

Membership also allows for active engagement with the decisions and processes involved in the establishment of ZA-AIMH.

To join ZA-AIMH, please send proof of payment to zainfantmh@gmail.com and complete the following membership form: <https://forms.gle/RyBHxpVC6SffA4tN6>

Get in touch

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