



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

We hope that you have had a great start to 2026! This newsletter includes information about our February speaker, information on renewing your membership to ZA-AIMH for 2026, WAIMH matters and professional development opportunities. We look forward to an exciting year focussed on supporting infants and their families.

FEBRUARY SPEAKER



We are thrilled to welcome **Dr Elsa du Toit** who will lead a round table discussion on the topic ***Uncertainty in Perinatal and Infant Mental Health: From Evidence Confusion to Clinical Clarity.***

The talk will provide an introduction to the inherent uncertainties of the perinatal landscape that result in conflicted evidence, numerous opinions and vague guidelines. This will be followed by an interactive round table discussion. Participants are encouraged to bring questions, cases and opinions & challenges they face in real world practice & together we'll brainstorm & share collective knowledge. We can learn so much from one another!

Dr Elsa du Toit is a maternal mental health specialist at Panorama Healthcare Psychiatry Practice with over 25 years of clinical experience, including more than 15 years dedicated to perinatal psychiatry. She began her medical career as a GP in 2000, completed a psychology honours degree cum laude at Stellenbosch University, and qualified as a general psychiatrist in 2010. For over a decade, she has worked across both public and private healthcare sectors, providing specialised perinatal psychiatric care. Her doctoral research (PhD, 2020) examined the intersection between mental illness and unplanned pregnancy, with a focus on maternal and neonatal outcomes and population vulnerability.

Dr du Toit is a member of the 2026 Harvard Collective Psychiatry Group, led by Professors Freeman and Cohen, and serves on the SASOP Women's Mental Health Executive Committee. She is also the founder of drelsadutoit.com, an online learning hub offering up-to-date education and training in perinatal mental health.

Date: 19 February 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

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, with an early bird rate of R450, payable before 31 March 2026. 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>

ZA-AIMH Banking details:

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

Get in touch

🌐 www.infantmentalhealth.co.za

✉ zainfantmh@gmail.com



WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH

WAIMH MATTERS

Perspectives 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](#)

WAIMH World Congress

This year's World Congress will take place from 2-6 October in Toronto, Canada. The event's theme, "Harmony in Diversity: Nurturing the Youngest Minds Around the World," invites infant and early mental health professionals from across the globe to come together and exchange lived experiences, cutting-edge research, clinical and practice insights, and cultural perspectives, fostering collaboration and advancing the field on an international stage.

Congress website: https://cvent.me/Av3Kn1?RefId=website_WAIMH



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PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Mindful Maternal Health: Foundations Program

There is no health without mental health and during pregnancy, that truth becomes non-negotiable. Maternal outcomes are shaped not only by biology, but by the clinical decisions, risk-benefit assessments and guidance we provide during pregnancy.

Perinatal clinicians work within a landscape of conflicting evidence, evolving guidelines, ethical complexity and high emotional and clinical stakes. When mental health is delayed, minimised or avoided, both maternal and infant outcomes are affected.

If you feel uncertain about how to navigate this complexity and support sustained maternal wellbeing including mental health, the Mindful Maternal Healthcare Program is designed to help you move from overwhelm to structured, confident clinical decision-making.

On-demand learning presented by Dr Elsa du Toit

- Enrolment: Get automatically enrolled when you sign up (Doors close 25 Feb 2026)
- Live session: 13 April 2026 @ 18:00 -19:00
- Investment: R2 700 (Healthcare professionals)
- CPD: 3 Ethical + 5 Clinical CEUs
- Platform: E-Learning Platform
- Recordings: Available for 6 months

To sign up, click [here](#)



IACAPAP

International Association for Child and
Adolescent Psychiatry and Allied Professions

Essentials of Child and Adolescent Psychiatry across the World

This MOOC (Massive Online Open Course) has been designed to meet the basic educational needs of people interested in child and adolescent mental health such as nurses, community health workers, teachers, general practitioners, medical students, adult psychiatrists, and parents. The course is basic and each session includes a 20 minutes video. Teachers are respected professionals from all over the globe.

MOOC 2026

- Enrolment: From 20 January to 28 April
- Course: From 30 March to 5 May
- Language: English
- Duration: 5 weeks
- Cost: Free

To register, click [here](#)

Get in touch

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