



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

This newsletter includes information about our **July speaker**, a reminder about the **Ethics in Infant and Early Childhood mental health survey**, webinars available from the Anna Freud centre, an introduction of the **WAIMH Members' Forum** and **ZA-AIMH membership**. At our June meeting, Shelley O'Carroll presented her work on digital tools that support responsive caregiving and early learning in very young children. If you missed this talk, please email us for a recording.

JULY SPEAKER



We are pleased to introduce Rachel Makoni, who will present her research titled **An Exploratory Study of Prospective Adoptive Parents' Perceptions and Experiences of Inter-Racial Infant Adoption**. Early relational experiences have a lifelong impact on infant development, yet little is known about how prospective adoptive parents' own thoughts, feelings, and preparations shape the infant mental health of the babies they adopt. Inter-racial adoption in South Africa remains predominantly the movement of Black babies into white families, but research centring the infant mental health dimensions of this, from the perspective of the adoptive parents, is sparse. This study explored the perceptions and lived experiences of prospective white adoptive parents preparing to adopt a Black infant, situating their narratives within infant mental health and attachment theory.

Rachel is an Educational Psychologist and also a qualified Early Childhood Development and Primary School teacher, as well as a Maternal and Infant Mental Health practitioner. Rachel is the founder of Tuso Wellness, a private psychology practice that provides psychological assessments and therapeutic support to children, adults, and families in both private practice and school settings. She has a particular passion for training and professional development and is involved in a project that equips healthcare professionals in maternal and infant mental health across two provinces in Zimbabwe.

Date: 23 July 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

🌐 www.infantmentalhealth.co.za

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Anna Freud

Webinars and information for individuals working with infants

The Anna Freud Centre is a pioneering mental health charity based in the UK, transforming care for children and young people through science, collaboration and clinical innovation. Their focus is on discovery, delivering compassionate support, and sharing their knowledge widely.

They have a range of training programmes, but also offer webinars for professionals, which include topics such as: Birth trauma in the Early Years, Supporting Dads, Managing Challenging Behaviour in the Early Years and Introduction to Personal, Social and Emotional Development (PSED).

To access these webinars, or to sign up for their newsletter, see this link: [Anna Freud](#)

ZA-AIMH Banking details:

Account name: WCAIMH

Standard Bank, Rondebosch

Account number: 274916401,

Branch code: 051001



South African Association for Infant Mental Health



WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH

Introduction of WAIMH Members' Forum

The WAIMH Members' Forum is a new online space designed to support professional exchange, reflection, and collaboration among members. The forum offers an opportunity to engage with colleagues across disciplines and regions, and to share knowledge, experiences, and perspectives related to infant mental health.

Through the forum, members can:

- Engage in dialogue with an international network of professionals
- Share research, resources, and practice-based insights
- Reflect on emerging topics in the field
- Connect across disciplines and professional contexts

The goal is to foster meaningful collaboration and provide a platform for exchanging knowledge and ideas in a respectful and supportive environment.

The forum is organized into several discussion areas, including:

- Research & Evidence-Based Practice
- Clinical Practice & Interventions
- Policy, Advocacy & Systems
- Community, Culture & Diversity
- Education, Collaboration & Events

Access to the discussion forum is available to WAIMH members at the following link: [WAIMH Members' Forum](#)

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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