



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

As the year unfolds, we are acutely aware of many infants and families affected by adversity, turmoil and uncertainty. This newsletter includes information about our **March speaker**, a reminder of the ZA-AIMH **membership early bird rate** until the end of March, an invitation to the upcoming **Affiliate Council meeting** and information on the upcoming Marcé conference.

MARCH SPEAKER



We are excited to welcome **Dr Roop Zainab Rana** as our March speaker on the topic **Baby Matters**.

The Baby Matters Conference was Pakistan's first Infant and Early Childhood Mental Health Conference, conducted on our home grown "Honey Bee Model", held in April 2025. The talk will involve a discussion on the challenges of initiating IECMH services in a third world country and how Western models of research need to be adapted for implementation in culturally diverse contexts.

Dr Roop Zainab Rana is a psychiatrist and psychotherapist specialising in early childhood mental health. She leads The Healing Triad, an organisation dedicated to advancing mental health awareness and services in Pakistan. She is a distinguished Fellow of the Zero to Three Fellowship, a US national program dedicated to early childhood. Currently, she is collaborating with the Health Services Academy to establish Infant and Early Childhood Mental Health and Development Services in Pakistan.

Date: 19 March at 19:00

Cost: Free for ZA-AIMH
members

R100 for guests

Registration link: [ZOOM](#)

Please send proof of
payment to
zainfantmh@gmail.com



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

Affiliate Council Meeting: 11 March

Samantha Colson, the Executive Director of
the **New York State Association for Infant
Mental Health** will present on the topic
"*Building a Community of Reflective Practice:
Supporting Professional Growth and
Development of Human Service Providers*".

This session will explore how partnerships
between the New York State Association for
Infant Mental Health (NYS-AIMH) and key
human service organisations across New York
State are changing the provider landscape by
engaging in reflective practice.

Through once-a-month Reflective Group
Consultation sessions, Individual Consultation
sessions, and professional development
opportunities, providers are more confident in
their ability to provide quality relational
services to infants, toddlers, and families. This
session will conclude with diving into the
successes, challenges, and critical lessons
learned of implementing Reflective
Supervision/Consultation initiatives.

We would love for you to join, attendance is
free and open to all members of WAIMH
Affiliates.

Date: 11 March 2026

Time: 14:00 (SA time)

Zoom link: [Here](#)



South African Association for Infant Mental Health

PROFESSIONAL DEVELOPMENT AND RESOURCES



Center on the Developing Child
HARVARD UNIVERSITY

Activities for Infants, Toddlers and Young Children

From infancy on, play is an important part of a child's life. For babies and toddlers, simple, playful interactions with adults help develop sturdy brain architecture, the foundations of lifelong health, and the building blocks of resilience. Through games and playful activities, children can practice and strengthen important executive function skills that will help them throughout their lives, including learning to focus their attention, strengthening their working memory, and developing basic self-control. This handout series, developed with support from the LEGO Foundation, provides games and play-based activities based on a child's age. The activities for younger children are designed for adults to engage in with children, while activities for later ages allow the adults to step back, enabling children's independence to blossom as they transition to playing more often with peers.

To explore the activities, click [here](#)

To find out more, or register, click [here](#)

Get in touch



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