

May
2026



South African Association for Infant Mental Health

Dear ZA-AIMH members and friends,

This newsletter includes information about our May speaker, the launch of a referral group, a reminder about the upcoming Marcé congress, highlights from the most recent Perspectives in IMH issue and information about ZA-AIMH membership. At our April meeting, Dr Anusha Lachman shared interesting findings from her PhD study on Shared Pleasure experiences between parents and infants. If you missed this talk, please email us for a recording.

MAY SPEAKER



We are very pleased to welcome **Raeesa Kerbelker** as our May speaker, who will present on the topic **“Maternal mental health and infant feeding choices in Khayelitsha: A longitudinal study”**.

This presentation explores the intersection between maternal mental health and infant feeding practices within a peri-urban township context. Malnutrition, including both stunting and obesity, remains a significant concern in low- and middle-income settings, with early-life factors playing a critical role in shaping long-term health outcomes. The first 1000 days of life are especially important, as maternal wellbeing directly influences caregiving, attachment, and feeding decisions. Focusing on mothers attending a primary healthcare centre in Khayelitsha, the study investigated how maternal mental health status impacts infant feeding choices.

Raeesa is a registered dietitian with a master's degree in infant mental health, bringing a unique and compassionate perspective to nutrition and wellbeing. Born and raised in Cape Town, she is deeply passionate about supporting women and children's health through a holistic, balanced approach. Raeesa believes that sustainable health is built on nourishment, mindset, and lifestyle working together. A true foodie at heart, she enjoys celebrating the joy of life while helping others develop a positive and realistic relationship with food.

Date: 21 May 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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WhatsApp Referral Group for Perinatal & Under-5s Clinical Work

Jenny Perkel, Clinical psychologist, author and Treasurer of ZA-AIMH, is launching a new WhatsApp group for health and mental health professionals working in private practice with mental health concerns in the perinatal phase, infancy, and early childhood (under 5 years).

The group is intended as a space for sharing referrals, and is open to any registered health or mental health professional affiliated with a regulatory body such as the HPCSA. While primarily aimed at those based in the Western Cape, membership can extend nationally or include online practitioners.

To join, please send Jenny a WhatsApp message at **082 928 5548**, including your HPCSA number. We look forward to welcoming you!

Get in touch

🌐 www.infantmentalhealth.co.za

✉ zainfantmh@gmail.com



International Marcé Society for Perinatal Mental Health conference

This marks the first time in the Society's history that the conference will be hosted on the African continent. The conference will provide a platform for sharing knowledge, exchanging ideas, and advancing efforts to improve perinatal mental health globally.

Join us in Cape Town as we come together to strengthen our shared commitment to perinatal mental health for all.

Early Bird Registration until 31 May 2026.

For more information, visit:

<https://marceconference2026.com/>

ZA-AIMH Banking details:

Account name: WCAIMH

Standard Bank, Rondebosch

Account number: 274916401,

Branch code: 051001



South African Association for Infant Mental Health



Perspectives

in Infant
Mental
Health



WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH

Perspectives in Infant Mental Health (WAIMH's free-to-access professional publication), published their most recent edition in April.

Highlights of the most recent issue include:

- **AI in Infant Mental Health:** Using Technology to Support Relationships, Not Replace Them – Amatus examines the way in which Generative AI is being used for a range of mental healthcare tasks. He addresses the question 'whether AI can reduce friction around IMH so clinicians and caregivers have more capacity for relational work'.
- **Keeping the Baby in Mind:** Staff and Parent Perspectives on InfantCare in Paediatric Hospital Settings – Casey et al. report findings of an exploration of staff and parent perspectives on hospital-based infant care during paediatric admissions across four hospital sites of a paediatric hospital.
- **Is it Time for a Code of Ethics?** Paula Zeanah and colleagues invite us to think about how IMH work can lead to significant ethical challenges. This group invites all WAIMH affiliate members to participate in a survey to share their experience and opinions by clicking on this link: <https://redcap.link/ethicsandinfantmentalhealth>. They plan to share findings from the survey through publications, presentations, and WAIMH venues.

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

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>

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