



IMHAANZ



November 2009 Newsletter - Volume 3, Issue 4

OUR NEW IMHAANZ TEAM

As you know, our AGM was held on 20 October. Here are the 2009-2010

Executive Committee members:

President: Maree Foley

Vice President: Denise Guy

Treasurer: Jenny Yule & PORSE Team

Secretary: Lauren Porter

Membership Secretary: Bianca Sava

Website Editor: Bianca Sava

Newsletter Editor: Lauren Porter

Exec Members at Large: Kim Powell, Janet Gregory, Seonaigh Stevens (co-coordinator of Wellington group), Lorna Davies, Norah Fryer (coordinator Christchurch group)



Why Join IMHAANZ?

Given all we have to do, it is a good question to ask, "why join IMHAANZ?" What will your \$35/year get you? What makes it worth your effort?

Here are 3 really good reasons to join IMHAANZ:

1. Networking

Part of the key role of IMHAANZ is to provide support and connection among and between professionals working in the field of infant mental health. If you 'have your hand on a baby' you are in a role that often means poor support and a lack of understanding from the professionals around you about the importance of your work. There are regional groups and contacts most everywhere in the country. Let us

connect you with others who can support your work, make it more enjoyable and even improve it!

2. Professional Affiliation of the Highest Standard

IMHAANZ is an affiliate of the World Association of Infant Mental Health (WAIMH). In New Zealand, only IMHAANZ has this designation. WAIMH is internationally recognised as the expert in the field. In addition to yearly international symposia, they also publish the renowned *Infant Mental Health Journal*. With membership in IMHAANZ you are connected to this international body and are kept apprised of the goings-on in infant mental health, both in NZ and the rest of the world.

3. Supporting Advocacy, Education and Training in New Zealand

IMHAANZ works hard to establish good ongoing relationships with government and other agencies/professionals working on behalf of infants in our country. The membership fee, which is purposely set at an affordable rate, is there for us to continue our advocacy and education as we aim to embed infant mental health understanding in all levels of practice and care.

You can join via our website or by contacting any member of the Exec. Please pass this info on to anyone you know working in the field.

Links/Sites worth noting

The Family and Community Services newsletter - email enews@facs.govt.nz to subscribe.

www.johnbowly.com
(access to many resources, publications and assessment tools, all free of charge)



Our Website:

www.imhaanz.org.nz

Upcoming Events

Infant, Toddler, Preschool Mental Health Conference

Auckland, 18-20 February 2010
University of Auckland Business School; for more info:
http://www.conferenceonline.co.nz/index.cfm?page=details_conference&pg=1&id=14156

World Association of Infant Mental Health (WAIMH) 12th World Congress

Leipzig, Germany
June 29 - July 3, 2010
For more info: <http://www.waimh-leipzig2010.org/>

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Recommended Book...

What Mothers Do: Especially When It Looks Like Nothing

by Naomi Stadlen

(available from Amazon.com, and Women's Bookshop in Auckland)

'The best parenting book you've never heard of.' - Anne Karpf, The 'Guardian'

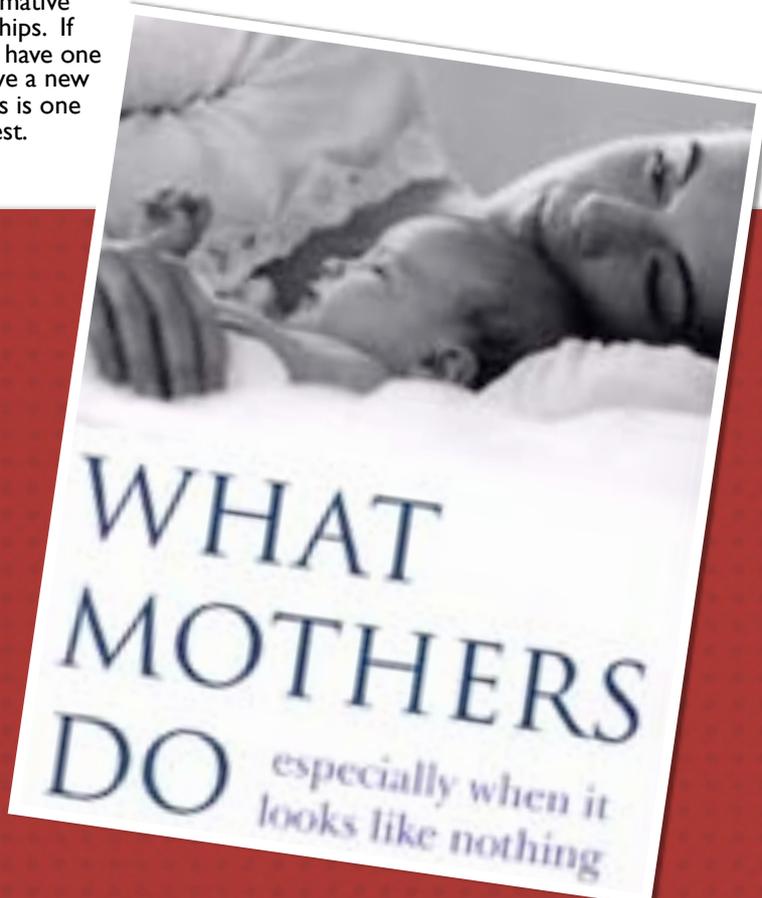
Naomi Stadlen is a mother of three and a qualified psychotherapist who has worked for many years as an existential counsellor, specialising in seeing parents of young children, and she has been a breastfeeding counsellor for more than twenty years.

Naomi Stadlen has written an advice-free book that looks at the development of mothers. After 25 years of taking psychotherapy groups for mothers, she assembled the themes that emerged for mums - alongside many of their words - and has written a book that calls for not only support for mothers but a lexicon to talk about what it is that mothers actually do. She has a psychotherapist's insights but the book is far from a mental health handbook. It is accessible, affirming, exploratory and inspiring. She manages to take infant and maternal health concepts, set them in the lens of motherhood, and illuminate the invisibility of care that underpins our most formative relationships. If you only have one gift to give a new mum, this is one of the best.

"If we see 'nothing' when we look at a mother who is quietly being a mother, it is easy for her to feel as if she is doing nothing too. If she thinks she is doing nothing, and we think she is doing nothing, there is only the speechless baby to experience how much good she is doing." - from the book

(from the Publishers Review)...

Have you ever spent all day looking after your baby or young child - and ended up feeling that you have 'done nothing all day'? Do you sometimes find it hard to feel pleased with what you are doing, and tell yourself you should achieve more with your time? Maybe it's because you can't see how much you are doing already. In this unique and perceptive look at mothering, Naomi Stadlen draws on many years' work with hundreds of other mothers of a wide variety of ages and backgrounds. She explores mothers' experiences to reveal what they - and you - are doing when it may look, to everyone else, like nothing. If you are a mother, and have ever felt: that nobody understands what you do all day; overwhelmed by your feelings for your baby; tired all the time; that nothing prepared you for motherhood; uncertain what your baby seems to want; short-tempered with your partner - you will find this the most reassuring book you have ever picked up.



MESSAGE

from the IMHAANZ President

In October we held our AGM and as you will see in this newsletter there have been some changes in our Executive. In this brief note, I want to focus on the contribution of our newly current "Past - Founding- President": Dr Kim Powell.

So, what is this new role and how does it find a place in our growth as an affiliate of WAIMH? First, lets take "past". As we know in the world of infant mental health the past is a key dimension of the present. The past has a place in our present and Kim indeed has a meaningful place as an ongoing active member of IMHAANZ.

"Founding", is about being there at the beginning and bringing a new affiliate through to the next developmental stage. We are so thankful to Kim for her work in getting IMHAANZ from conception through to an established membered association with a solid infrastructure.

And "president": to offer guidance and leadership while creating space for the affiliation to grow; to encourage diversity while keeping the primary focus of our diversity on infants and young children in their families; and to sustain this 'infant in their family' view as we consider the complex and often fraught issues of care, health, education, social and economic policy, that influence on a day-to day basis, the capacity of the 'infant in their family' to grow and bloom.

We thank her for her leadership and her generosity to our Association and wish her all the best with her own research initiatives that she is engaged with and we look forward to hearing about her work in the future as fresh findings emerge.

Maree Foley
President IMHAANZ