

# 2026 SA-ACAPAP CONGRESS ● ● ●

## ● ● ● **WORKSHOP:** Infant and Maternal Mental Health through a sensory lens: co-regulation and joyful occupation

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- **ORGANISERS:** SAISI (South African Institute for Sensory Integration)
- **TARGET AUDIENCE:** This workshop is designed for professionals and practitioners working in infant and maternal mental health, in the context of the mother-infant dyad.
- **FOCUS AREA:** Early Career, Intermediate and Advanced



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### **FACILITATORS | CHAIRS | PRESENTERS:**

- Gina Rencken
  - Elize Janse van Rensburg
  - Emma Wijnberg
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- **SUMMARY |**

This interactive workshop will focus on infant and maternal mental health from a sensory perspective, with co-regulation and shared joyful interaction at its core. Drawing on research and implementation in a South African as well as global context, participants will gain insights and skill into working with the mother-infant dyad across settings.

- **ADDITIONAL INFORMATION |**

For practitioners who do not have a foundation in sensory integration, the following will be beneficial to complete prior to the workshop:

Introduction to Sensory Integration: <https://instsi.co.za/product/introduction-to-sensory-integration/>

Sensory ladders for health: <https://sensoryproject.org/product-category/sensory-ladders-global/>

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- **PROGRAMME LAYOUT:**

08.30 – 08.45:	Welcome & Overview
08:45 – 09:15:	Introduction to sensory systems in infants
09:15 – 09:45:	Introduction to sensory systems in mothers
09:45 – 10:15:	The mother -infant dyad from a sensory perspective
10:15 – 10:45:	Tea Break
10:45 – 11:10:	Co-regulation between mothers and infants
11:10 – 11:40:	Support of infant occupations and mental health through a sensory lens
11:40 – 12:20:	Support of maternal occupations and mental health through a sensory lens
12:20 – 12:30:	Wrap-up and next steps
	Key takeaways, closing reflections, and invitation to post-workshop Q&A

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