

HUIS MAERUA NEWSLETTER



HUIS MAERUA
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STOEP KUIERS

Die Gesinsherenigingsprogram by die Kinderhuis is 'n noodsaaklike deel van residensiële kinderversorging, ontwerp om kinders te ondersteun wat tydelik in 'n kinderhuis geplaas is as gevolg van moeilike omstandighede soos verwaarloosing, mishandeling of gesinskrisisse. Terwyl die kinderhuis veiligheid, stabiliteit en koesterende sorg bied, bly die uiteindelijke doel om kinders waar moontlik met hul ouers of uitgebreide familie te herenig, mits dit veilig en in die beste belang van die kind is.

Om hierdie besoeke betekenisvol te maak, bied kinderhuise dikwels toegewyde besoekersareas waar gesinne tyd saam kan deurbring in 'n veilige, verwelkomende en kindervriendelike omgewing. Ruimtes soos piekniekareas met bankies skep 'n atmosfeer wat minder institusioneel en meer huislik is, wat natuurlike interaksie, spel en gesprekke aanmoedig.

Baie dankie aan **SANTAM NAMIBIË** wat hierdie pragtige tafeltjies geskenk het.



it's all about the taste!





HOW TO BE PRESENT WITH YOUR CHILD

In today's busy world, parents are often pulled in many directions—work commitments, household responsibilities, social obligations, and the constant distractions of technology. While these demands are real, the most valuable gift you can give your child is your presence. Being present doesn't necessarily mean spending every hour together—it means being fully engaged, emotionally available, and attentive when you are with them.

Why Presence Matters

Children thrive on connection. When you are truly present, your child feels valued, secure, and understood. This strengthens your bond, boosts their self-esteem, and encourages open communication. Over time, your presence becomes the foundation for their emotional resilience and overall well-being.

Put Away Distractions

Children notice when your attention is divided. Setting aside your phone, switching off the TV, or pausing from work during family time communicates to your child that *they matter more than anything else in that moment*.

Practice Active Listening

When your child talks to you, stop what you are doing, make eye contact, and listen. Avoid jumping in with advice too quickly. Sometimes children simply need to be heard. Respond with empathy—phrases like *"I hear you"* or *"That sounds tough"* show that you value their feelings.

Engage in Shared Activities

Play a board game, cook together, read a story, or go for a walk. Shared activities create opportunities for laughter and learning, while also deepening the parent-child relationship.

Create Rituals of Connection

Simple daily routines, like a bedtime story,



morning hug or sharing "the best and hardest part of the day" at dinner, become meaningful traditions that anchor your child emotionally.

Be Mindful in the Moment

Presence is as much about your mindset as your actions. Notice your child's expressions, tone, and body language. Instead of worrying about your to-do list, focus on what your child is communicating right now.

Validate Their Emotions

Children feel safe when their emotions are acknowledged. Saying *"I can see you're upset"* or *"It makes sense you feel that way"* shows acceptance, even if you don't agree with their behaviour. This presence teaches them that all feelings are manageable and worth expressing.

Quality Over Quantity

Life may not allow hours of uninterrupted time every day. What matters most is the *quality* of attention. Even ten minutes of undistracted connection can make a big difference in how secure and loved your child feels.

Long-Term Benefits

Children who consistently experience parental presence tend to:

- Develop stronger emotional intelligence
- Build healthier relationships in the future
- Perform better academically
- Show greater resilience during challenges

Being present with your child is less about the amount of time you spend together and more about the quality of your attention. Every moment of genuine presence—whether in play, conversation, or quiet companionship—strengthens your bond and lays the foundation for a confident, emotionally healthy child.



THE HEALING POWER OF NATURE



For many Namibian families, a trip to the bush is a familiar and much-loved escape. For children living in a children's home, however, such experiences are rare treasures—ones that carry life-changing benefits.

Children in care often live in structured, highly supervised environments designed to ensure safety and stability. While this is essential, it can also feel limiting. A weekend in the bush provides a welcome change of scenery, offering children the chance to relax, explore, and simply be kids.

Time in the bush is also a chance for children and caregivers to connect in a different way. Away from chores, school, and daily stresses, shared experiences—like spotting wildlife or telling stories around a fire—create lasting memories and strengthen relationships.

Perhaps most importantly, these weekends remind children that they are part of something bigger. When a lodge or community partner makes it possible for them to enjoy the same experiences as other children, they feel included, valued, and cared for by society at large. Thank you to **WEST NEST LODGE** & team for this wonderful experience.

At Huis Maerua Children's Home, we believe that every child deserves moments of joy, freedom, and connection with the natural world. A weekend in the bush is not just a holiday—it's a vital part of healing, growing, and building hope for the future.



SEPTEMBER MIDTERMEIN VAKANSIE AVONTUUR: 'N DAG BY DIE KROKODILPLAAS



By Huis Maerua verstaan ons die belangrikheid daarvan om vreugdevolle en verrykende ervarings vir ons kinders te skep, veral gedurende vakansies wanneer sommige nie hul families kan besoek nie. Hierdie September 2025 het ons 'n spesiale daguitstappie vir twee van ons kinders gereël na die Krokodilplaas in Otjiwarongo.

Die besoek was beide opvoedkundig en opwindend. Die kinders het die unieke geleentheid gehad om babakrokodille vas te hou! Alhoewel nie almal ewe entoesiasties was oor die skubberige wesens nie, het die ervaring baie nuuskierigheid en gesprekke aangewakker.

Behalwe vir die praktiese interaksie, het die kinders fassinerende feite oor krokodille en die werking van die plaas geleer. Dit was 'n dag vol ontdekking, avontuur en lag - 'n herinnering wat ons hoop hulle lank sal bybly.

By Huis Maerua bly ons daartoe verbind om elke vakansie betekenisvol vir ons kinders te maak.



WHY A CHILDREN'S HOME IS DIFFERENT FROM A HOSTEL

Although both children's homes and hostels provide accommodation for children or young people, their purpose, structure, and approach are very different.

Purpose and Function: A **children's home** exists to provide care and protection for vulnerable children who, for various reasons, cannot live with their families. The focus is not only on shelter but also on creating a safe, nurturing, and family-like environment where children's physical, emotional, social, and educational needs are met.

A **hostel**, on the other hand, is primarily accommodation linked to schooling or work. Its purpose is to provide lodging and meals for students or workers, often for convenience and proximity to schools or workplaces. The responsibility of personal care and upbringing remains with the family.

Emotional and Developmental Support: In a **children's home**, caregivers play a parental role—supporting children emotionally, guiding them through life skills, and addressing trauma or difficult circumstances. Counselling, structured routines, and nurturing relationships are central. In a **hostel**, the emphasis is largely on discipline, supervision, and ensuring children follow rules. Emotional and developmental support is not its core function, as children typically return to their families during holidays for love, guidance, and care.

Family Connection: A **children's home** often works to maintain or rebuild family ties where possible, aiming for family reunification or fostering. For many children, it becomes their primary home and support system.

A **hostel** is temporary accommodation. The family is still actively responsible for the child's upbringing, and the hostel is only an extension of their schooling arrangement.

Individualized Care: A **children's home** tailors care to each child's unique background, needs, and challenges. Care plans, therapy, and mentoring are often part of the program.

A **hostel** provides collective living arrangements with limited personalization. The main concern is order, meals, study times, and discipline for large groups.

Legal and Social Mandate: A **children's home** operates under child protection laws and social welfare regulations, ensuring the rights and well-being of vulnerable children are safeguarded.

A **hostel** is usually run by schools, focusing on accommodation logistics rather than child protection.



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Please send me more information about Huis Maerua

Name:		Cell No:	
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WAAROM IS JY 'N MAATSKAPLIKE WERKER?

- Deur Anoniem

Hierdie vraag word gereeld gevra. As ek moet eerlik wees, weet ek na 'n geruime tyd in die beroep nie meer aldag hoe om dit te antwoord nie. Toe ek op hoërskool was en my vriende my gevra het wat ek gaan studeer na skool, het ek manhaftig geantwoord: "Maatskaplike werk!". Ek is dan aangekyk met oë waarin vraagtekens dans, en die vraag wat almal gevra het was: "Waarom?". Met 'n stemtoon vol selfvertroue en skouers wat regop spring, was my selfversekerde antwoord: "Om mense te help".

Om mense te help is heel waarskynlik 'n edele motief, maar as hoërskoolkind besef mens nie die realiteit van die Maatskaplike wêreld nie. Ek onthou goed as eerstejaar was dit die blinkoog antwoord wat meeste eerstejaars gegee het en was dit soos 'n refrain deur die lesingsaal, tot jy in die realiteit van die beroep instap en as jong volwassene besef dat as jy nie deursettingsvermoë het nie, die beroep jou gaan ore aansit.

Ek sit nou hier om die vraag te antwoord en moet ek diep delf, want die beroep raak so deel van jou daaglikse funksionering dat mens nie meer dink aan waarom jy doen wat jy doen nie. Ek kom dus terug na my aanvanklike antwoord van 'n hele paar jaar gelede: "Om mense te help". Die antwoord is egter met 'n groter bewustheid van wat die woordjie "help" behels. Ek hoop van harte dat die mense wat my pad gekruis het en deel van my pogings sal kan antwoord: "Sy was deel van my pad en sy het my gehelp".



DID YOU KNOW?

Interesting facts about Huis Maerua
Children's Home

The history of Huis Maerua Children's Home dates back to the 1960s, when it was first established as *Suidwes Kinderoord Ouderust*. At the time, the Dutch Reformed Church and the South West African government joined hands to provide love, stability, and security to children in need. The government carried the financial responsibility, while the church provided the staffing.

In the 1980s, the state withdrew its support, and Windhoek Child Protection Association (WO8/4) was born. Since then, the Association has expanded its reach, continuing to manage and support Huis Maerua Children's Home while also extending services to assist vulnerable families in the wider community.

Currently, we care for 18 children ranging from babies to young adults. Each child receives individualized attention, psychosocial support, access to quality education, and the opportunity to develop life skills in a secure and loving home. Our holistic approach is designed to help every child overcome their past challenges and reach their full potential.

Beyond our home, we extend support to other registered organisations, including the Kohamsdal Homeless Development Organisation, and schools such as Delta Primary School Hostel, Suiderhof Primary School, and Pioneers Park Primary School. Through these partnerships, we help provide children with much-needed break-time bread and snacks. In addition, our dedicated social worker plays a vital role in guiding families—whether by sharing information or assisting those unsure about reporting procedures or the steps involved in adoption.



DIE VISRIVIER VERWELKOM HUIS MAERUA SEUNS

Marius Verwey vergesel sy huis se seuns vir die eerste keer deur die Visrivier. Dit het bo verwagting hierdie seuns se karakter gebou:

1. Voordat ek die Vis begin stap het, het ek sekere verwagtinge of idees gehad oor hoe dit sal wees. Ek was reg oor:

Ek was reg oor dat dit 'n plek was waar 'n mens nie hoef te worry oor môre nie, waar 'n mens regtig stil geraak het en met die Here kon tyd spandeer. 'n Plek waar mens geen stress het nie, met fenomenale uitsigte. 'n Plek wat iemand kan sien en beseef dis net God se handewerk.

Ek was verkeerd oor:

Ek was verkeerd oor hoe moeilik dit sou wees. Dit het my verwagtinge oortref.

- Seun, 15

2. Terwyl ons deur die Vis gestap het, was daar gereeld mooi dinge om raak te sien en beleef. Voorbeelde van dit wat vir my mooi was:

For me, it was the beautiful plants and flowers that were growing in the Fish River Canyon during September. It was beautiful.

- Seun, 15

3. Dissiplines soos om elke oggend vroeg op te staan en self my rugsak vir die dag te pak was deel van stap in die Vis. Ek het ook ander dissiplines ontdek soos:

1. Om te geniet wat jy eet en nie om snacks te spaar en om nie net op nou te fokus nie.
2. Om stil te raak en om in te neem wat rondom jou aan gaan.
3. Om vir jou 'n lekker plat stuk grond te soek vir 'n lekker aand se rus.

- Seun, 16

4. As ek weer op 'n lang staptog gaan sal ek, behalwe vir my rugsak en skoene, minstens 3 ander noodsaaklike items saamneem. Hulle was:

1. Waterbottel vir water
2. Stap stok om mee te stap
3. My Bybel om met die Here te praat.

- Seun, 18

Baie dankie aan **Gondwana Canyon Roadhouse Campsite** vir die oornag verblyf.



RECYCLING FOOTWEAR FOR GOOD

What to do with your old school & sport shoes?

Join us in making a difference in the less fortunate schools by donating your old school shoes & socks and old sport shoes & socks.

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ELKE ITEM WAT JY GEE, HELP ONS OM:

- In die daaglikse behoeftes van die kinders in ons sorg te voorsien.
- Lewensbelangrike programme te onderhou wat genesing, groei en opvoeding bevorder.
- Geld in te samel deur ons liefdadigheidswinkel om langtermynondersteuning te verseker.



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