

HUIS MAERUA NEWSLETTER



HUIS MAERUA
Maak 'n verskil.

PG 1

Every child's victory is a triumph of love, patience, and hope.

PG 2

Kids and screen time.

PG 3

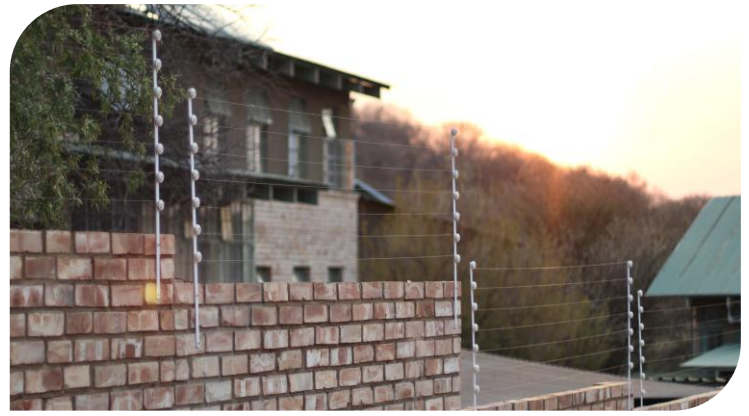
Making a difference.

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MOMENTS OF JOY

We are proud to share some heartwarming milestones from the past 6 months:

- Our baby girl started to walk and talk – we celebrated her first birthday with joy!
- Our witty and energetic 2-year-old was placed with wonderful foster parents, offering him a chance to grow up in a loving home and to be part of a family.
- After years of counselling, therapy, and guidance, we witnessed a beautiful moment of family reunification – a powerful reminder of hope and healing.
- Three of our teenage boys were invited to participate at the Johnnie Wright Wrestling Tournament in South Africa and they brought home a 4th place in the Greco Roman style and a 4th place in Free Style.

These are the moments that make our work worthwhile.

THANK YOU! to our community for being part of these achievements.



it's all about the taste!



WHY TOO MUCH SCREEN TIME CAN HARM YOUR CHILD



Screens are everywhere - from TVs and tablets to smartphones and gaming consoles. While technology can be educational and entertaining, too much screen time can have a lasting impact on your child's well-being.

1. It Affects Brain Development

Children's brains grow rapidly, and they learn best through real-life experiences — playing, exploring, and interacting with people. Excessive screen time can limit these vital experiences, slowing language development, problem-solving skills, and social awareness.

2. It Reduces Physical Activity

More screen time often means less outdoor play. This can lead to reduced fitness, weaker motor skills, and a higher risk of obesity in the long term.

3. It Disrupts Sleep

The blue light from screens can interfere with your child's natural sleep cycle, making it harder for them to fall asleep and stay asleep — and a tired child struggles to focus and manage emotions.

4. It Can Affect Emotions and Behaviour

Overexposure to fast-paced content, violence, or unrealistic lifestyles can increase anxiety, impatience, and frustration. Children may also find it harder to handle boredom without a screen.

5. It Weakens Family and Social Bonds

Face-to-face interactions are essential for building trust, empathy, and communication skills. Too much screen time can replace quality moments with family, friends, and peers.

What You Can Do

Set daily screen time limits appropriate for your child's age.

Encourage outdoor play, reading, arts, and hobbies. Make mealtimes and bedtime screen-free.

Be a role model by managing your own screen habits.

A healthy balance between technology and real-world experiences helps children grow into happier, healthier, and more connected individuals.

DID YOU KNOW?

Interesting facts about Huis Maerua Children's Home

What is the significance of the Maerua tree at Huis Maerua Children's Home?

They are well adapted to harsh conditions and can survive in areas with low rainfall. Various parts of the Maerua tree, such as the roots, leaves, and bark, are used in traditional medicine for treating ailments like fever, digestive disorders, and respiratory issues. Some species produces edible fruits or leaves that are consumed locally.

The Maerua tree is a good example of a plant that thrives in a tough environment and has a variety of uses, both practical and medicinal, for the communities living in those regions. The Maerua tree symbolizes endurance, perseverance, resilience and ambition. These character traits are needed to grow out of difficult seasons and overcome spiritual, emotional and physical challenges. Like this tree, our organization is in the business of healing.



COMING SOON

DRIVE FOR A CAUSE

Pay for a Premium Ride to Your Child's Matric Farewell Venue



All proceeds support **Huis Maerua Children's Home**

Make it memorable. Make it matter.



M+Z MOTORS



CHERY
NAMIBIA



For Bookings please contact Suann on 083 332 5030 or admin@huismaerua.org

DIE WERK VAN 'N MAATSKAPLIKE WERKER

- Deur Johné & Charmé

Vra 'n mens hierdie vraag vir 'n Maatskaplike Werker mag jy die antwoord kry: "Kindervanger" of "Super Sluiper" wat albei in die kol is, maar tog ook nie...

Daar is ses kernwaardes wat maatskaplike werkers lei in hul praktyk: diens; sosiale geregtigheid; waardigheid en waarde van die persoon; belangrikheid van menslike verhoudings; integriteit en vermoë.

Mens kan die beroep 'n vakkundige baadjie aantrek, maar in kort kan mens die beroep beskryf as:

- Poog om mense weer hoop en moed te gee, waar lede van die gemeenskap en selfs familieledes nie meer hoop het om te gee nie.
- Glo in die vermoë van mense dat wanneer hul graag wil, hul kan verander – al is dit nie volgens die standaarde van ander nie.
- Dit vat geduld en beweeg teen die een waarmee jy werk se tempo. In ons kits samelewing verwag mense onmiddellike resultate. Die wonderstaf van die Maatskaplike Werker wat geswaai moet word, maar mense in nie knoppies wat jy kan druk nie, en beweeg nie teen die tempo van tegnologie nie – mens bly mens.
- Mense maak foute/swak keuses of omstandighede slaan hul rond en om. Dan stap ons saam met die boodskap: "Ons stap saam hierdeur".

In kort het maatskaplike werkers, baie meer talente as net die van 'n "Super Sluiper". Hulle het die vermoë om verskeie situasies te bemiddel en ondersteuning te bied aan gesinne en gemeenskappe.



HUIS MAERUA
Make a Difference.

CLUB 200

Join Club 200 today!

By making a small monthly contribution, you can help us put a child on a path to a normal life.

DONATION PERIOD

(months)

12

24

36

48

AMOUNT

N\$200

N\$300

N\$400

N\$500

Other

Please send me more information about Huis Maerua

Name:

Cell No:

email:

WEES BETROKKE | INVOLVIERT SEIN | BE INVOLVED

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BEHOEFTE VIR SEPTEMBER 2025:

1. Wasgoedpoeler
2. Sta'Soft
3. Sunlight Liquid
4. All Purpose Cleaner

5. Blikkies ertjies en pit mielies
6. Koffie, tee & melk
7. Vis
8. Hoender

ADVERTISING SPACE
9x12cm

**MAKE YOUR BRAND PART OF A
CHILD'S STORY**

For just **N\$200 a month**, your advertisement can appear in our monthly newsletter — reaching our supporters while directly helping change a child's life.

Your partnership will bring hope, care, and opportunities to vulnerable Namibian children in our care. Together, we can turn small acts of kindness into big differences.

Contact Suann at admin@huismaerua.org to partner with us today.

THANK YOU FOR YOUR SUPPORT!

**HUIS MAERUA
KINDERHUISSENKINGSBOKS**

**SPEELGOED • SPORTTOERUSTING
MEUBELS • KLERE • SKOENE
PLANTE • DEKOR • LINNE
BEDDEGOED • EETGERY
HANDDOEKE • GORDYNE**



**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.

ADVERTISING SPACE
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