Top Vibe

Kids Magazine

ONLINE

August Issue 37
2021



How to get your Child to eat Vegetables.

STRESS IN CHILDHOOD

Cover page Model

Kyli Penton from Elsburg Alberton

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Top Vibe
ONLINE
Kids Magazine

COMMENTS:

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MEDIA HOUSE:

Our Cover page and Back page will go to children posting their photos on our Facebook page.

2.

STRESS IN CHILDHOOD:

We don't always think that children can stress - they do.

3.

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ARIVAL OF A NEW BABY:

You need to make sure all the family members are ready for the arival of a new baby.

Happy Womens month



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We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

4. MODEL COVER PAGE 01

Our Cover page model: Kyli Penton 9 years old from Elsburg Alberton. Photographer: Bella Lumière

5. MODEL BACK PAGE 20

Back page model - Chazelle Pistorius 9 years old from Vanderbijlpark. Photo provided on Facebook.



Photographer: Albertus Kriel
Venue: Turn 'n Tender - Vaal mall

EDITORS NOTE

August is a special month for Media House we celebrate the birthday of Glamour Talk Magazine turning one year old. We also celebrate women's day on 9 August 2021.

In this Issue we decided to bring you some Afrikaans articles, I trust that you will enjoy it and learn something.

Our Ambassadors message to their mother's for Women's Day.

Follow us on Facebook and to download the magazine go to www.topvibe.co.za

Take care till next month
Love

Charms

AMBASSADORS

My liefste Moeder Moeks.

Die vrou in my lewe is die persoon wat my dra deur goed en sleg, gelukkig en hartseer.

My Moeks is my steen pilaar, die skouer as ek wil huil, die ore wat luister as ek wil praat.

My ma is my beste vriendin, as God haar nie vir my gegee het nie as 'n Ma nie, wel dan sou sy dit wees.
My Ma is meer as 'n Ma!

Lief Moeks sooo baie.

Dillan

My Mom, a powerful woman who raised me to be even more powerful.
I feel like the love between a mother and daugther is unconditional.

She will love you no matter what and no matter what you do she will always be there for you.
My mother has teached me so much about love, life and being the best version of myself.

Although some of us do not have a woman in our life who looks out for us. The love between women is the most beautiful thing to me, supporting and under-standing. My mom learned me to be kind and see the very best in every person I meet.
I become more like my mother every day and I couldn't be more proud.

Love you Mom - enjoy womens day

Chanel

Happy Womens month

To our Mother's

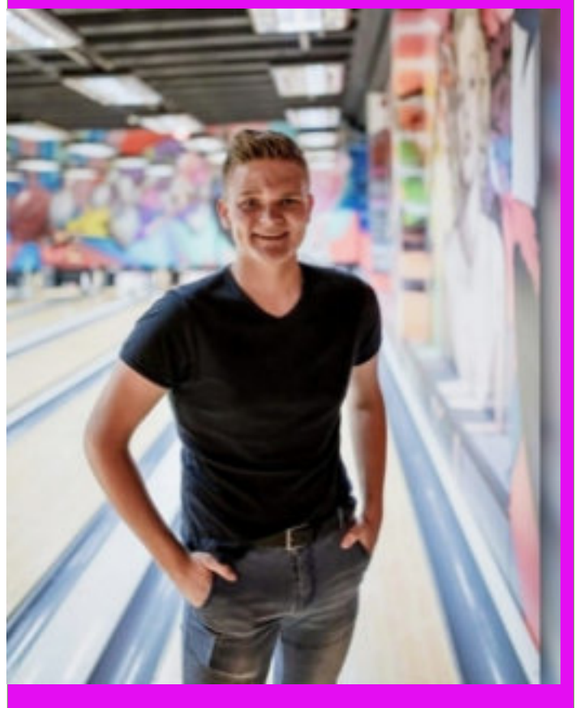
Happy Women's Day / Gelukkige vroue dag

What does my mother mean to me?

People could say she is just a regular mom, but to me she is so much more. She takes care of our family and love us very much, she sacrifice so much for us even though we don't always see it.

She is someone I always look towards for inseperation.

Etienne



• DILLAN Dé PAIVA



• CHANEL RAUTENBACH



• ETIENNE JOSEPH

STRESS IN CHILDHOOD



Childhood stress can be present in any setting that requires the child to adapt or change. Stress may be caused by positive changes, such as starting a new activity, but it is most commonly linked with negative changes such as illness or death in the family.

You can help your child by learning to recognize the signs of stress and teaching your child healthy ways to deal with it.
Stress may be a response to a negative change in a child's life. In small amounts, stress can be good. But, excessive stress can affect the way a child thinks, acts, and feels.

Children learn how to respond to stress as they grow and develop. Many stressful events that an adult can manage will cause stress in a child. As a result, even small changes can impact a child's feelings of safety and security.

Pain, injury, illness, and other changes are stressors for children.

Stressors may include:

HOW PARENTS CAN HELP.

Worrying about schoolwork or grades
Juggling responsibilities, such as school and work or sports
Problems with friends, bullying, or peer group pressures
Changing schools, moving, or dealing with housing problems or homelessness
Having negative thoughts about themselves
Going through body changes, in both boys and girls
Seeing parents go through a divorce or separation
Money problems in the family
Living in an unsafe home or neighborhood
Children may not recognize that they are stressed. New or worsening symptoms may lead parents to suspect an increased stress level is present.

Physical symptoms can include:

Decreased appetite, other changes in eating habits
Headache
New or recurrent bedwetting
Nightmares
Sleep disturbances
Upset stomach or vague stomach pain
Other physical symptoms with no physical illness.

Emotional or behavioral symptoms may include:

Anxiety, worry
Not able to relax
New or recurring fears (fear of the dark, fear of being alone, fear of strangers)
Clinging, unwilling to let you out of sight
Anger, crying, whining
Not able to control emotions
Aggressive or stubborn behavior
Going back to behaviors present at a younger age
Doesn't want to participate in family or school activities.

HOW PARENTS CAN HELP

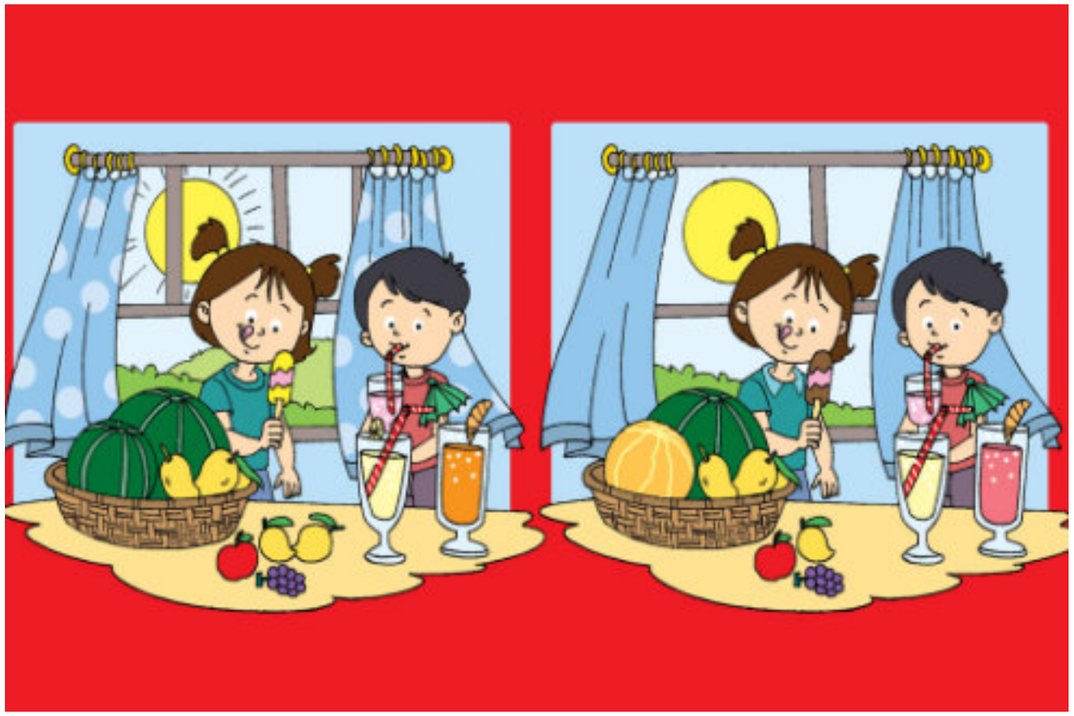
Parents can help children respond to stress in healthy ways. Following are some tips:

Provide a safe, secure, and dependable home.
Family routines can be comforting. Having a family dinner or movie night can help relieve or prevent stress.
Be a role model. The child looks to you as a model for healthy behavior. Do your best to keep your own stress under control and manage it in healthy ways.
Be careful about which television programs, books, and games that young children watch, read, and play. News broadcasts and violent shows or games can produce fears and anxiety.
Keep your child informed of anticipated changes such as in jobs or moving.
Spend calm, relaxed time with your children.
Learn to listen. Listen to your child without being critical or trying to solve the problem right away. Instead work with your child to help them understand and solve what is upsetting to them.
Build your child's feelings of self-worth. Use encouragement and affection. Use rewards, not punishment. Try to involve your child in activities where they can succeed.
Allow the child opportunities to make choices and have some control in their life. The more your child feels they have control over a situation, the better their response to stress will be.
Encourage physical activity.
Recognize signs of unresolved stress in your child.
Seek help or advice from a health care provider, counselor, or therapist when signs of stress do not decrease or disappear.

Talk to your child's provider if your child:

Is becoming withdrawn, more unhappy, or depressed
Is having problems in school or interacting with friends or family
Is unable to control their behavior or anger

Let's have fun....



Spot the differences.

How many are there?



Hoekom byt kinders naels?



Jou kind kan sy naels byt om verskeie redes, hetsy dit 'n verveling, stres of nuuskierigheid. Dit is die mees algemeen onder die sogenaamde slegte gewoontes, wat beskou as duimsuig, neus pluk, hare wrap op die tone, ens .

Daarbenewens is dit die gewoonte dikwels beweeg in die volwasse lewe.

Hoekom byt kinders hulle naels? volwasse proses kan 'n kind 'n baie angs, baie van wie se ouers nie eens bewus te voer. As jou kind sy naels byt matig (nie self-skade), onbewustelik (bv, TV kyk), of doen dit net in sekere situasies (byvoor-beeld, voor die openbare optrede of die beheer werk) - dit is net 'n manier om te gaan met 'n klein stres, en jy hoef nie te bekommer nie.

Heel waarskynlik, sal jou kind gou ophou om dit te doen self. As jy egter dink dat hy byt sy naels te lank, of jy kan eenvoudig nie onverskillig bly om hierdie gewoonte, daar is 'n manier om die kind te help om afleer byt sy naels.

In die eerste plek, probeer om te verstaan wat is die rede dat hierdie gedrag veroorsaak. Dalk vermoet jy jou kind ervaar stres, waaroor jy nodig het om saam te werk. As jy kan raai wat dalk die oorsaak van die alarm (onlangse skuif, egskeiding van ouers, 'n nuwe skool, of die toekomstige prestasie van hul eweknieë) wees, probeer met jou kind oor wat hom pla om te praat. Gewoonlik, dit is meer ingewikkeld as wat dit lyk, maar as jy terugval op sekere truuks, byvoorbeeld voorgestel as 'n oorsaak eerlik belaglik opsie ("Ek weet! So jy probeer om hul tande te slyp!"), Kan dit werk, en jou kind aan te moedig om jou te vertel oor hul vrese . Dit is een manier om te verstaan waarom kinders byt hulle naels.

Hy byt sy naels

Moenie neul of jou kind straf nie. Afgesien van die saak waarin hy opreg wil stop om sy naels te byt, daar is min wat jy daaraan kan doen nie. Soos

“Moet nie ‘n groot ding daarvan maak nie”

As jou kind hom / haar self nie beseer nie. Die beste ding wat jy kan doen - hou sy / haar naels kort genoeg om hom te herinner aan die behoefte om gereeld hande te was hul hande en nie aan hom betaal die gewoonte om aandag. As jy terugval op druk, nie verstaan hoekom kinders byt hulle naels, jy die risiko van toename stres loop en vererger die situasie. Verder het die direkte ingryping van jou kant, byvoorbeeld, die gebruik van salf met 'n onaangename smaak, gevoel kan word deur die kind as 'n straf. Die minder aandag sal jy hierdie gewoonte, hoe meer kans daar is dat dit gou sal verdwyn uit jou familie lewe te gee.

Preparing Your Child for Visits to the Doctor!

When they know they're "going to the doctor," many kids worry a bit about the visit. Whether they're going to see their primary care doctor for a routine checkup or a specialist for a problem, kids might have fears or even feel guilty.

Some of these feelings surface easily, so that kids can talk about them. Others are kept secret. Here's how to help your child talk about and overcome any worries.
Things that kids worry about when going to the doctor include:

Separation. Kids often fear that their parents may leave them in the exam room and wait in another room. This fear of separation during mysterious exams is most common in kids under 7 years old, but can worry older kids too.
Pain. Kids may worry that a part of the exam or a medical procedure will hurt. Kids ages 6 to 12, for instance, often worry that they'll need to get a shot.
The doctor. Some kids' concerns may be about the doctor's manner. A kid may misinterpret qualities such as speed, efficiency, or a detached attitude and view them as sternness, dislike, or rejection.
The unknown. Kids sometimes worry that a medical problem is much worse than their parents are telling them. Some who have simple problems worry they may need surgery or hospitalization; some who are ill worry that they may die.
Also, kids often have feelings of guilt: They may believe that their illness or condition is punishment for something they've done or should have done. Kids who feel guilty also might believe that exams and medical procedures are part of their punishment.

Talk About Why You're Going
Prepare kids by giving them advance notice of a visit so it's not a surprise. When explaining the purpose of the visit, talk about the doctor in a positive way.

If you're going to a regular health checkup, explain that it's a well-child visit: "The doctor will check on how you're growing and developing, and also ask questions and examine you to make sure that your body is healthy. And you'll get a chance to ask any questions you want to about your body and your health." Explain that all healthy kids go to the doctor for such visits.

If the visit is to diagnose and treat an illness or other condition, explain — in non-scary language — that the doctor "needs to check you to find out how to fix this and help you get better."

If your child goes to the doctor because of an illness or other condition, discuss the health problem in neutral language and reassure your child: "This isn't caused by anything you did or forgot to do. Illnesses like this happen to many kids. Aren't we lucky to have doctors who can find the causes and who know how to help us get well?"

If you, your partner, other relatives, or friends had (or have) the same condition, share this information. Knowing that others have been through the same thing can help ease fears.

If your child sees a doctor for something that led to ridicule or rejection by other kids (or even by adults), work to relieve shame and blame. Problems like head lice, embarrassing scratching caused by pinworm, and daytime wetting or bedwetting are often misunderstood by others. Stay supportive, and keep reassuring your child that the condition is not his or her fault and that many kids have had it.

If your child was injured while disregarding safety rules, point out the cause-and-effect between the action and the injury, while avoiding blame. You could say, "You probably didn't understand the danger involved in doing that, but I'm sure you understand now, and I know you won't do it that way again." If your child repeatedly disobeys rules and is injured, speak to your doctor. This sort of worrisome behavior pattern needs a closer look.

In every case, though, be sure to explain, especially to young kids, that going to the doctor is not a punishment. Help your kids understand that adults go to doctors just like kids do and that the doctor's job is to help people stay healthy and fix any problems.

Young kids learn best during play, and this can be a way to answer any questions and talk about fears they may have. You can use a doll or teddy bear to show a young child how the nurse will measure height and weight or demonstrate parts of the routine exam.

Many children's books are available to help explain a doctor visit. It also helps to use role-playing to show how the doctor might:

use a blood pressure cuff to "hug the arm"
look in the mouth (and will need to hold the tongue down with a special stick for just a few seconds to see the throat)
look at the eyes and into the ears
listen to the chest and back with a stethoscope
tap or press on the tummy to listen to or feel what's inside
look quickly to see that the "private areas" are healthy
tap on the knees
look at the feet
It's important for parents to let their kids know that what they've taught them about the privacy of their bodies is still true, but that doctors, nurses, and parents must sometimes examine all parts of the body. Emphasize, though, that these people are the only exceptions. And reassure your child that you will be in the exam room with him or her.



How to get your Child to eat Vegetables…



It seems like age-old wisdom that says, "Eat your vegetables!", but what do you when your child doesn't like eating vegetables?

Do vegetables feel like a source of conflict at the dinner table for you and your children?

Are you constantly struggling to find ways to offer vegetables that your kids will actually eat?

Do you feel worried that your child's health will suffer because they eat so few vegetables?

Let me be the first to tell you that you are not alone. Most importantly, you are not failing as a mama if your child isn't eating their vegetables.

Kids and vegetables can be a tricky combination. As mothers, we inherently believe that our children will be better off and healthier if we can just get them to eat their veggies. On the other hand, vegetables can be really difficult for kids to eat and enjoy.

Many kids may be reluctant to eat vegetables, no matter how they are probed, pushed, or bribed.

Eating vegetables can feel like a chore for your child, and getting your kid to try "just one bite" of any veggies on their plate can feel like a nightmare for you.

It may be helpful to know that we are born with preferences for sweeter tastes. If you think about it, a baby's first food is breast milk, which has naturally occurring sugars, including lactose, which is beneficial for infant growth and development.

Vegetables can be more difficult for children to get accustomed to, as they tend to have more bitter, sour, and complex flavors. Children are learning to eat different foods, and getting familiar with eating vegetables is no different than developing a new skill, like riding a bike. It takes practice in a low-pressure environment, patience, and nurturing.

So what is the big deal with vegetables anyway? Why the overemphasis on getting a child to eat vegetables? This is something that is commonly lectured by healthcare professionals to well-meaning family members, and parents may feel like getting a child to eat veggies it the ultimate gateway to health.

The truth is, your child can get the nutrition they need to grow and thrive without hyperfocusing on vegetables.

In actuality, vegetables and fruits have similar nutrient profiles, and your child is more likely to get the nutrition they need by having access to a variety of different foods, not just vegetables.

A child's health is not singularly defined by how many servings of vegetables they eat. There are many other components that influence their health status, including:

Access to a variety of foods

Adequate healthcare

Regular time to Emotional nurturing, and more

While vegetables can provide important nutrients to a growing child, stressing about whether your child's vegetable intake is adequate or not will only make eating harder for you both.

So how can you help your child eat more vegetables and actually enjoy them? (Hint: It doesn't involve any forcing, bribing, tricking or figuring out how to sneak in veggies into your child's food). Check out these tried and true tips!

Vegetables don't have to be boring or flavorless. If your child is struggling with eating vegetables, take a different approach to how you are serving and preparing them. Don't be afraid to add seasonings, herbs, and spices. Sautee your veggies with real butter or cook them with bacon or pancetta. Make a yummy salad with some added toppings, like dried fruit and nuts. Roast them, add them into other dishes, or let your kids dunk them in their favorite dips. Serve your child something that tastes good to you and that you would also enjoy.

Serving vegetables alongside foods that your child is familiar and comfortable with will make them more likely to try them. Having too many foods that are new or unfamiliar can be intimidating for a child. When planning out meals for your family - keep this in mind. A neutral food component along with something that might be a little harder to eat, like a vegetable, can make it easier for your child.

Research has also found that hands-on approaches, such as cooking and gardening, may encourage greater vegetable consumption in children. When a child is allowed to be part of the planning and the preparation and can see how a food is grown and/or prepared, this may positively support their own eating behaviors. Give your child the opportunity to help prepare veggies and let them play a part in the kitchen.

HOW TO GET CHILDREN TO DO THEIR HOMEWORK



Parents are a child's first and most important teachers. Parent involvement in their child's learning can help improve how well they do in school. However, when it comes to helping kids with homework, it's not so simple.

While it's important to show support and model learning behaviour, there is a limit to how much help you can give without robbing your child of the opportunity to learn for themselves.

An analysis of more than 400 research studies found parent involvement, both at school and at home, could improve students' academic achievement, engagement and motivation.

School involvement includes parents participating in events such as parent-teacher conferences and volunteering in the classroom. Home involvement includes parents talking with children about school, providing encouragement, creating stimulating environments for learning and finally – helping them with homework.
The paper found overall, it was consistently beneficial for parents to be involved in their child's education, regardless of the child's age or socioeconomic status. However, this same analysis also suggested parents should be cautious with how they approach helping with homework.

Parents helping kids with homework was linked to higher levels of motivation and engagement, but lower levels of academic achievement.
This suggests too much help may take away from the child's responsibility for their own learning.
Most children don't like homework. Many parents agonise over helping their children with homework. Not surprisingly, this creates a negative emotional atmosphere that often results in questioning the value of homework.

Homework has often been linked to student achievement, promoting the idea children who complete it will do better in school. The most comprehensive analysis on homework and achievement to date suggests it can influence academic achievement (like test scores), particularly for children in years seven to 12.

But more research is needed to find out about how much homework is appropriate for particular ages and what types are best to maximise home learning.

When it comes to parent involvement, research suggests parents should help their child see their homework as an opportunity to learn rather than perform. For example, if a child needs to create a poster, it is more valuable the child notes the skills they develop while creating the poster rather than making the best looking poster in the class.

Instead of ensuring their child completes their homework, it's more effective for parents to support their child to increase confidence in completing homework tasks on their own.
Your positivity will make a difference to your child's approach to homework and learning in general. Simply, your presence and support creates a positive learning environment.

Our study involved working with recently arrived Afghani mothers who were uncertain how to help their children with school. This was because they said they could not understand the Australian education system or speak or write in English.

However, they committed to sit next to their children as they completed their homework tasks in English, asking them questions and encouraging them to discuss what they were learning in their first language.

In this way, the parents still played a role in supporting their child even without understanding the content and the children were actively engaged in their learning..

Arrival of a new baby



Parents can prepare for the arrival of a new baby

The arrival of a new baby can bring many changes to a family. Parents spend a lot of energy on preparations, and after the baby arrives, much of the family's attention involves caring for the newborn.

All this change can be hard for older siblings to handle. It's common for them to feel jealousy toward the newborn and to react to the upheaval by acting out.

But parents can prepare kids for an addition to the family. Discussing the pregnancy in terms that make sense to kids, making some arrangements, and including kids in the care of the newborn can make things easier for everyone.

During Pregnancy
To tell a child about an impending sibling, consider your own comfort level and your child's maturity level. Preschoolers, for example, may not grasp concepts of time, so it might not mean much if you say that the baby will arrive in a few months. It may be more useful to explain that the baby will arrive in a particular season, such as winter or when it's cold outside.

How much detail should you provide? Let your child's questions be your guide. For example, a 4-year-old child may ask: "Where do babies come from?" Despite how it sounds, the child isn't asking you to explain sex but probably wants to know where, literally, they come from. It may be enough to explain: "The baby comes from the uterus, which is inside the mother's belly." A child who wants to know more will ask.

If your child shows more interest in the baby, you can encourage that by:

going through your child's baby pictures
reading books about childbirth (make sure they're age-appropriate)
visiting friends who have infants
packing a bag for the hospital
thinking of potential baby names
going to the doctor to hear the baby's heartbeat.

Also look into sibling birth classes, which many hospitals offer to provide orientation for soon-to-be brothers and sisters. These classes can include lessons on how to hold a baby, explanations of how a baby is born, and opportun-ities for kids to discuss their feelings about having a new brother or sister.

As your due date draws near, make arrangements for older kids for the time when you're in the hospital. Discuss these plans so kids know what to expect when the day arrives.

Consider letting your child visit visit you in the hospital as soon as possible after the baby is born, ideally when no other visitors are around — this helps reinforce the birth as an intimate family event.

Try to keep routines as regular as possible in the days and weeks around the baby's arrival. If you plan to make any room shifts to accommodate the baby, do it a few weeks before your due date.

If your child is approaching a major milestone, like potty training or moving from a crib to a bed, try to make those changes well before your due date or put them off until after the baby has been home for a while.

Bringing the New Baby Home
Once the baby is home, you can help your other kids adjust to the changes. Include them as much as possible in the daily activities involving the baby so that they don't feel left out.

Many kids want to help take care of a new baby. Though that "help" may mean that each task takes longer, it can give an older child a chance to interact with the baby in a positive way. Depending on their age, a big brother or sister may want to entertain the baby during a diaper change, help push the carriage, talk to the baby, or help dress, bathe, or burp the baby.

If your child expresses no interest in the baby, don't be alarmed and don't force it. It can take time.

The look

SEPTEMBER - NEXT ISSUE:



MAGAZINE

Back page model

Chazelle Pistorius from Vanderbijlpark