Top Vibe

Online KIDS Magazine

Issue 12



Hou jou kind die winter gesond Bl 7

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Top Vibe Kids Magazine



Editors Note

Charms

Hallo dear little friends.

The winter is upon us, and I don't know about you but I don't like winter.

I'm sure it's not nice to go to school in the morning when you can be warm in bed.
But it's nature, we must have winter like we have spring, summer and autumn.

Lucky for you guy's it's almost school holiday again. Then you can stay in bed watch movies or play games.
I wish I was back in school and that I could stay in bed all day in the winter.

Well you little angels must have a super month and enjoy the last school day's before the holiday.

Take care be good and stay healthy this winter.

Love
Charms



Sub-Redakteurs Nota-Stella

Hallo julle mooi klein mensies,

Ek is bietjie baie besig en probeer om by alles uit te kom. Maatjies, julle moet nou soet wees en skouer aan die wiel sit, ons is reeds in die helfte van die jaar.

Ek is baie opgewonde dat die jaar in die helfde is dit beteken die lang vakansie is op oppad.

As julle my wil kontak, hier is my kontak besonderhede. Kom kuier so bietjie by my, daar is altyd iets prettigs om te doen.

Stella 060 771 9407
E pos: admin@stellasplaytherapy.co.za

Totsiens tot volgende maand.

Tannie **S**tella

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Mandy - Lee Naude

Kyk nou net die pragtige voorblad nooi, met haar mooi blou oë. So vriendelik en spontaan. Sy is "love" dit om voor die kamera te wees.
Te dierbaar vir woorde.









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HOU JOU KIND DIE WINTER GESOND

Die winter is besig om hard aan ons deure te klop. Hoewel 'n mens kan uitsien na 'n heerlike bakkie sop en vars gebakte brood voor die kaggelvuur is daar ongelukkig ook minder aangename dinge wat die winter inhou: siektes. Niks is slegter in die winter as die alewige griep, verkoue en longontsteking wat voorkom nie. Dit is boonop nog erger as jou kinders siek raak.



Suster Lilian Paramor, bekende vroedvrou en babakenner van Pretoria, sê daar is heelwat algemene toestande en siektes wat jou kleinding in sy eerste paar jaar kan opdoen, veral in die winter. Sy glo egter die meeste siektes kan sommer tuis behandel word en dit is nie altyd nodig om medisyne toe te dien nie. Sy vertel graag van 'n alternatiewe sorg wanneer jou kinders siek raak.

Om hierin te slaag, moet ouers egter geduld gebruik en hulle gesonde verstand inspan, sê suster Lilian.

"Ons verkies deesdae kitskure, deels omdat ons nie ons kinders wil sien ly nie, maar ook weens ons omstandighede, wat dit moeilik maak om by die werk weg te kom vir 'n siek kind. Jy kan vinnige verligting van simptome verwag wanneer jy die regte middels gebruik, maar dit verg ook tyd en hope liefdevolle aandag om jou kind te verpleeg wanneer hy of sy koors het of aan 'n ander siekte ly."

Suster Lilian sê dit is belangrik en redelik eenvoudig om jou kind gesond te dokter met die behulp van 'n aanvullende apteek by die huis.

"Kies produkte met bekende, vertroude handelsname. Onthou dat dit moontlik is om kruiepreparate te oordoseer, maar nie homeopatiese selfbehandelingsmiddels nie. Kry doktersadvies as jou kind se toestand versleg of sy simptome nie verbeter nie. Laat jou moedersinstink jou lei in die slyp van hierdie vaardighede."

Voorts sê suster Lilian elke kind se immuunstelsel moet versterk word.

"Die immuunstelsel bestaan uit liggaamselle en -dele wat weerstand bied teen die siektes. Dit is oneindig meer ingewikkeld as dit. Daar is tog 'n paar wenke wat ouers kan volg vir 'n sterker immuunstelsel vir hulle kinders."

Sy sê mens se gesondheid is in vele opsigte in jou hande. "Elke bewuste positiewe besluit wat ons neem, sal vrugte afwerp."

Gebruik maaltye en kos as jou natuurlike sleutel tot 'n gesonde en sterk gestel. Dit behels om eenvoudige heilsame en vars voedsel te eet. Verminder dierevette en gebruik organies gekweekte produkte.

Sluit doelbewus produkte by jou eetplan in wat bekend is vir hul weerstandbiedende eienskappe, soos dadels, klapper, suiwer heuning en neute.

Put gereeld uit Moeder Natuur se energiebron deur in 'n park te gaan stap, langs 'n rivier te sit, wilde diere en voëls dop te hou of om 'n wandelroete te gaan stap.

Gee en ontvang aanrakingsterapie. Navorsing het bewys dat terapeutiese massering sonder twyfel weerstand teen siektes versterk.

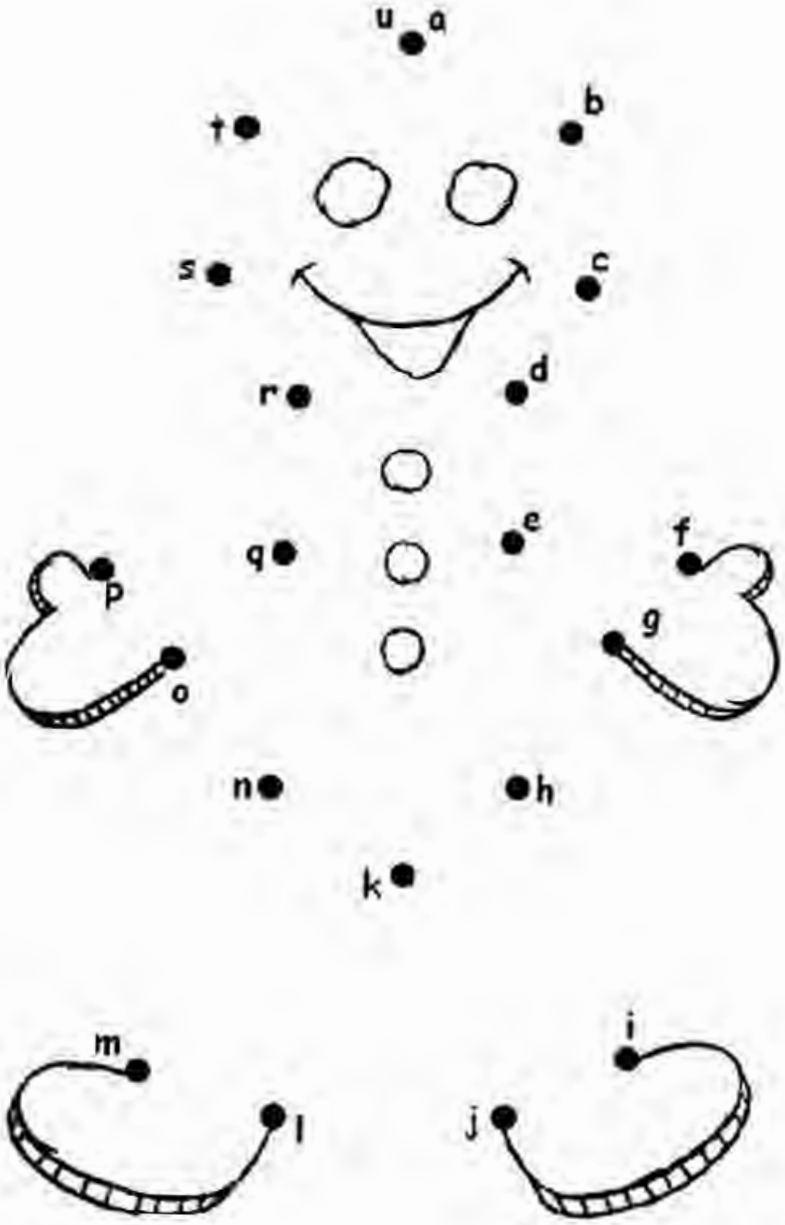
Stel jou kind bloot aan die vreugde van familie en vriende. Geluk is een van die sleutels tot gesondheid.

Aanvaar verantwoordelikheid vir jou en jou kinders se gesondhed. Niemand anders het soveel belang by jou gesondheid nie. Moet dus nie die verantwoordelikheid daarvan aan iemand anders oorlaat nie. Vra vrae en wees aktief betrokke.

Sluit meer vars groente en vrugte by jou kinders se dieet in.

Vermy of beperk mukusvormende kossoorte soos suiwel- en graanprodukte en hoogs verwerkte kitskos.

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Dignity Dreams



In disadvantage households struggling to survive the decision whether to buy a bread or a sanitary pad to manage a young girl's period is commonly made.
More often than not, the stomach wins.
Girls often resort to unhealthy alternatives such as old socks, newspapers ect just to be able to attend school.

1 WASHABLE PAD = 144 DISPOSABLE PADS
ONE WASHABLE PAD CAN MAKE A DIFFERENCE
R250 for one washable pad that will last 4 years

With the crowning of 2014 winner the beautiful Janet Potgieter, came new opportunities, dynamics and movement to give dignity back. "Think about what you will say to someone if you can't give then hope." The truth behind these came back to haunt Janet when she stood between 42 000 people in *Bulengo Displacement Camp in North - Kivu in the Eastern Democratic Republic of the Congo*, a mere 6 weeks after won this prestigious title.

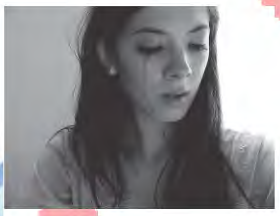
Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.
Let's stand together and get INVOLVED in making a difference in someone's life and give back their dignity.

By donating you can keep a girl child in school during menstrual cycles for up to 4 years.

A section 18A will be issued to you for the total amount.

Please contact for the Vaaltriangle area:

Mrs SA Globe 2019 Erika Breytenbach - 072 777 2861 or Charmaine Britz 072 768 8582



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Thank you
Charmaine

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