Top Vibe

Online

KIDS Magazine

Issue 23
2020



Happy Father's Day 21 June 2020

Michaela Chatwind page 3

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Top Vibe Kids Magazine

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Note from the Editor's desk - Charmaine

We here at ***Top Vibe Kids Magazine*** would like to wish all our Father's and Father's to be a very happy Father's day, we truly hope that you will be spoiled rotten with a very nice gift and offcourse the most precious gift any father can ever ask for, which is allot of love from your family.

Just like our Mother's, our Fathers are extremely special and have their own role to play in raising children.

There is no "How To Raise Children" instruction manuals that you receive with your new born but one can only do the best for your child always being there no matter what, lots and lots of love, care, respect, discipline etc.

Nobody could have predicted that the year 2020 would decide that we will all be in lock down with the Covid - 19 Pandemic.

This is actually very sad that we won't even be able to celebrate this special day like we normally would. This is a difficult time for everybody.
Normally these day's were celebrated at Restaurants, family gatherings, etc with the Covid - 19 nobody is allowed to eat at a Restaurants or have family gatherings.

Dad, it looks like you have to either braai or make a potjie on Father's day.

Have fun!!
Till next time

HAPPY FATHER'S DAY



GELUKKIGE VADER'S DAG

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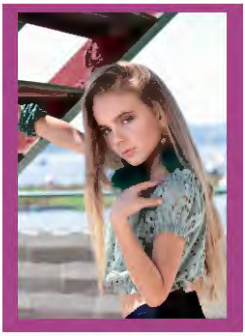
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Michaela Chatwind (10) our Cover page girl.



Michaela is a born leader with a bubbly personality. She is a very talented young lady.
She set her goals high and always ensure that she reaches her target.

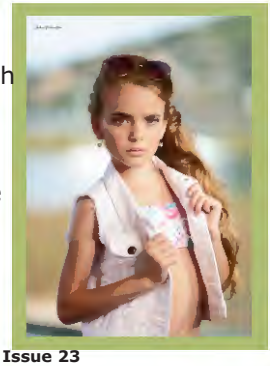
This 10 year old popular Gr.4 student in Goudkop Primary School.
Michaela, perform extremely well on academic level.

Her objective is to pursue a career in Acting and Modeling, this child artist got a passion for catwalk, photogenic and all kinds of Modeling matters.



Michaela, was part of two (2) International TV Commercials: Altron - Group & Witten Reus Washing Powder. She loved being invited to all these casting and auditions.

Michaela is part of the Lollipop Kids Clothing line, and love being their commercial model on all the social media platforms. She featured on a few billboards such as Esmirie Greyvensteyn Couture & C.S.S. Security. She love being featured in child magazines.



Michaela's favourite quote:
"Leave a sparkle everywhere you go"

Michaela is the owner of her own foundation (Michaela Chatwind Foundation) and this project support households with no income.
She is part of "Coached by Tem Modeling Academy.

#misspetitersa2019/2020
#toddler&teenoftheworldjunioroverallwinner2019/20
#missgloalbeutyfirstprincess2019/20
#missvalleyofthewaves2019/20
#misssoutherhemisphere2020 finalist
#missagrandchampionship2020 finalist
#southafricanchildrenawards2020finalist
#missdiamondsa2020finalist
#philanthropist
#commercialmodel
#publicfigure
#brandambassador

Michaela Chatwind Foundation

COVER-PAGE 2020

Do you want to be on our Cover Page in 2020?

There is ONLY 10 Cover Pages.

How to enter:

1. Sent 2 picturers
2. Full name, sure name and age
3. R450 entrance fee
4. Proof of payment

We will then send you a consent form to complete.

Bank details:
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Capitec - Vaalmall
Savings acc 1355 32 8487
Ref: Your name.

give me colour / kleur my in



Mom look here?















Teaching Your Child Personal Hygiene.

Teaching the basics of proper personal hygiene is important for keeping kids healthy and clean.
It's especially important for young children to practice good hygiene.

▪ particularly hand washing because they spend so much of their time in close contact with each other in the classroom, sharing everything from desks and chairs to germs. And when your child reaches adolescence hormonal changes will lead to increase production of oils in skin and hair and an increase in body odour.

That's when you will be glad you didn't wait till then to instil good healthy and hygiene habits! Some good personal hygiene practices to teach your child.

1. Teach proper hand washing - The most important health an hygiene habit to teach your child to wash his or her hands, especially after coming home from school or playing outside and before eating. Hand washing is, without a doubt one of the best ways to prevent the spread of germs and illnesses. With younger children, you may need to remind them from time to time not to splash and dash - run their hands for two seconds under the tap without soap and call it done.

Make sure your child uses soap and lathers for at least 15 seconds (with the tap turned off conserve water) before rinsing.

2. Tech him/ her to cover sneezes and coughs - Germs can travel far and wide on a sneeze or chough.
Get your child into the habit of covering his/her mouth and nose with a tissue (or his/ her arm if hi can't reach a tissue fast enough) when he sneezes



or coughs.

3. Encourage good dental health and hygiene - young children have the motor skills necessary to do a fairly job of brushing teeth on their own (though you may still want to take a quick turn until he's 6 or 7).
Get your child into the habit of flossing and brushing his tongue to avoid bad breath

Get a fun timer to help your child brush longer, like a cool little hourglass filled with blue sand.

4. Set up regular bath time - Many parents find that evenings baths are a nice way to relax a child before bed. And bathing the night before can help ease the morning rush.

PLEASE STAY HOME AND BE SAFE

KICK THE COVID - 19

Always be kind to one another

You don't need a reason to help people. Let's remember to be kind to one another, as it isn't always apparent on the outside what the struggles we may be facing are on the inside. After all, when this is all over, all that will really matter is how we treated each other.

When we enter this world, our Kindness IQ is intact. We can keep it that way through our actions. Kindness is like a muscle; it gets stronger the more you use it, or atrophies if you don't.
You don't need a reason to be kind to people. Instead, here are 25 suggestions and ideas of ways to be kind.

1. Smile and make someone's day a little sweeter.

2. Look for ways you can promote peace.

3. Just listen.

4. Offer a hug or embrace.

5. Invite someone new into your friend tribe.

6. Send out a kind email or card.

7. Give someone a genuine compliment.

8. Help clean up, without being asked, help someone out in a practical way.

9. Hold open the door for the person behind you.

10. Encourage a friend or family member when they are uncertain or unmotivated.

11. Make peace with someone that has hurt you.

12. Strike up a conversation with a stranger.

13. Let someone into your lane while driving.

14. Pay for the person behind you in line.

15. Give your time to a friend or someone who needs it.

16. Say Thank You and Please everyday without fail.

17. Meditate on loving kindness: "May you be happy, healthy, peaceful, and free from suffering, and may my actions in some way contribute to the happiness, health, peace, and freedom for all.

18. Say "I love you" a little more often to your family and friends.

19. Pause before you speak, and choose words with positive intention.

20. Help someone get some rest (watch their kids, run an errand, bring them dinner, etc).

21. Pick up litter you see thrown about even if its not yours.

22. Remove complaints and curses for one week.

23. Gift something meaningful to someone: loan a book, bring flowers, drop off cookies, whatever suits your fancy.

24. Make a donation.

25. Give up your seat, or for that matter, move your yoga mat in class, with positive intent.

I am dedicating myself to inspire everyone to bring kindness to the forefront. Let's be more active in our efforts not because we have to, but because we want to. And not even because others have been kind to us but because being nice is the way of the heart.

Kindness is always a choice. The more conditioned we are to respond with kindness, the more natural it becomes. It is on purpose with purpose. Today, join me in starting a kindness movement, and together we can raise our global Kindness IQ!

Which ways do you try to show kindness every day?

Share your tips and tricks with us
send us an e mail to admin@topvibe.co.za

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R120 set of 3

To order Call / What'sApp
Charmaine 072 768 8582 OR Erika - Mrs SA Globe 2019 -072 777 2861

Please be kind and support this drive to raise munch needed funds for "3 Homes of Hope" for with 50+ orphanage children.

Bank details:

Charms 4 Hope
Capitec Bank
Savings Acc:
137 308 6684



Call: 072 768 8582

To



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.

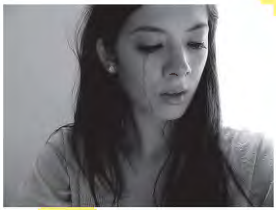
Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.
Let's stand together and get INVOLVED in making a difference in someone's life and give back their dignity.

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





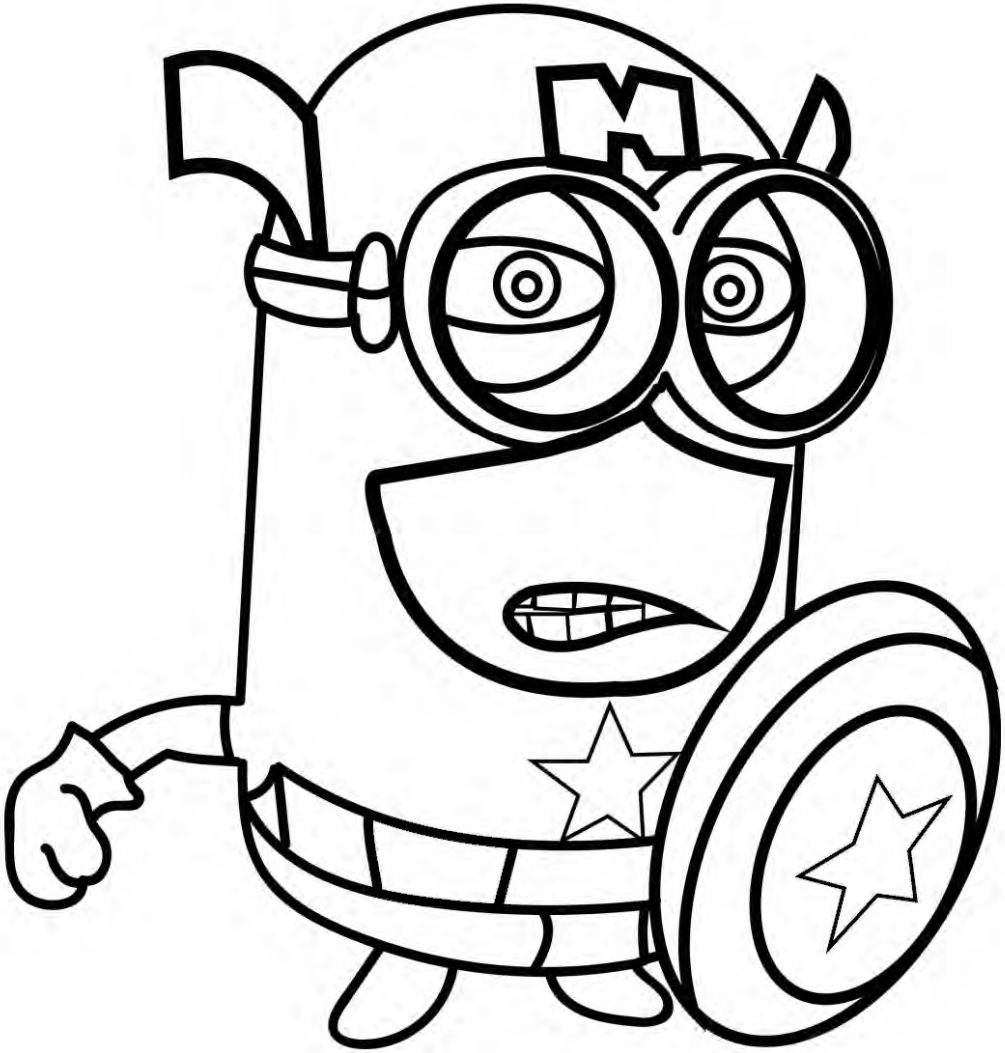
1 x WASHABLE PAD = 144 DISPOSABLE PADS

1 x WASHABLE PAD CAN MAKE A DIFFERENCE

R250 for one washable pad that will last 4 years

give me colour / kleur my in

PRINT SPOT
Charmaine 072 768 8582
E-mail: charmaine@topvibe.co.za



Charms of Hope Foundation

We Care... We Provide,
We Love... We share..
Help us to give to others.

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