Top Vibe

Online KIDS Magazine

Issue 7



Read with your children page 11

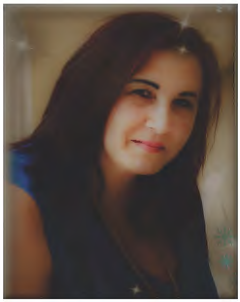
AJ VENTER sien bladsy 3



To
ADVERTISE
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Nominate your kids pre-school. The school with the most points will be visited by the Easter Bunny



Redakteurs Nota Charms

Hallo maatjies,

Ek is so bietjie hartseer.
Ons moes die Mr & Miss Vibe's kompetisie se sluitings datum skuif na 16 Maart 2019 weens te min inskrywings. Indien ons nie genoeg belangstelling kry nie sal ons dit skuif na later die jaar.

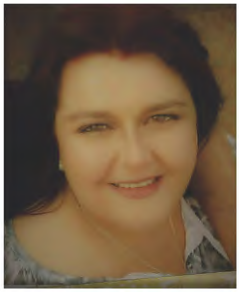
Kom nou julle moet nie skaam wees nie,skryf nou in.

April maand kom die Paashaas!!
Ek sien baie uit daarna.

Ons was baie besig en het nie kans gekry vir 'n inkleur kompetisie nie maar, daar sal weer vanaf Maart een wees. So maak seker jy neem deel.

Sien julle volgende maand, soet wees en hard leer op skool.

Tannie
Charms



Sub-Redakteurs Nota-Stella

Hallo julle mooi klein mensies,

Maatjies julle geniet dit seker baie by die skool.

Ons moet skool geniet, want ons leer so baie by die skool.

Mammas gaan lees asb my artikel op bladsy 4 ek hoop dit help julle, As julle enige hulp nodig het kontak my gerus.
Ek is opgewonde ons gaan weer die program aanbied vir boelies.
Lees meer daaroor volgende maand.

As julle my wil kontak hier is my kontak besonderhede.

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

Totsiens tot volgende maand weer.

Tannie
Stella

Top Vibe
Online KIDS Magazine

E- mail: admin@topvibe.co.za
Website: www.topvibe.co.za
Call: Charmaine 072 768 8582/ Stella 060 771 9407

Comments:
Please write to us or contact us to share your opinion, ideas & comments. Charms P. O. Box 60130 Vaalpark 1948 or by E-mail: admin@topvibe.co.za

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The views of other writers or articles in this Magazine are not necessarily the view of the editor.

AJ Venter ons voorblad mannetjie!

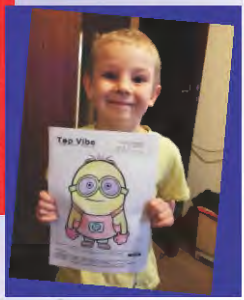
Hierdie mannetjie het geen bekendstelling nodig nie.
Hy was al in die *Top Vibe Magazine* nadat hy ons inkleur kompetisie gewen het.

Daai glimlag spreek boekdele! Kyk nou net hoe sit hy op 'n ballon, dit lyk vir my of hy 'n meneertjie is wat baie plannetjies het.

AJ is 'n besige mensie, sy ouers is baie trots op hom.

AJ jy maak 'n mooi voorblad foto hoor!





Do you think your child is a victim of bullying? Please get help!









The Easter Bunny would like to visit your school

Ask Mom to send us an e-mail with the name of your school and why you would like the bunny to visit your school. The school that receives the most e-mail's will be visited by the Easter Bunny.

Send to:

E mail: admin@topvibe.co.za

Closing date: 12 April 2019
Easter Bunny will visite 17 April 2019

How to support Emotionally Sensitive Boys

A mom of a five-year-old boy shared her concerns about her son's tendency to play alone and engage in a lot of quiet time activities. While his peers were enrolling in soccer programs and taking karate after school, her son preferred to stay close to home and do his own thing. She also worried that he seems to take everything very personally. One day, his close friend didn't leave room for him at the lunch table. He cried after school that day.



It isn't just school that affects her son. His mom finds that he feels criticized often. When she redirected him to focus on his chores (cleaning up his toys), he became tearful and worried that he had disappointed her.

Sensitive children tend to read emotions, facial expressions and voice tone better than other kids, and react accordingly. Where another child might simply continue to ignore the request until a parent completely loses patience, a sensitive child reads the reaction of the parent and internalizes those feelings.

How do I know if my son is sensitive?

Some children are highly sensitive to both their own feelings and the feelings of those around them. Some seem not to notice feelings much at all as they go about their days. And many fall somewhere in between. Emotional sensitivity refers to the ease or difficulty with which children respond to various situations from an emotional perspective, and how they cope with them.

Your son might be emotionally sensitive if you notice the following:

His emotional reactions seem disproportionate to the event/trigger.
He notices details and can spot even small changes.
He struggles with transitions.
He is aware of other people's discomfort and might even mirror it (crying when someone else cries).
He startles if a voice is raised.
He doesn't enjoy large, loud gatherings.
He takes a while to warm up.
He prefers routine.
He can be perfectionistic at times and has difficulty when things don't go as planned or when he makes mistakes.
He displays a lot of emotion.
How to support your sensitive son

Societal pressure expects boys to be emotionally resilient and avoid expression of feelings. Boys hear this message from a variety of sources, and often learn to stuff their emotions and downplay their reactions. This tough-it-out culture can be challenging for anyone, but particularly emotionally sensitive boys. There are steps parents can take to help sensitive boys feel heard and understood while building coping skills and resilience:

Focus on a calm home environment

The preschool or school day can feel long for emotionally sensitive boys. Even under the best circumstances, the day can be loud, busy, and involve a lot of moving around. Home is the safe space for these kids.
Emotionally sensitive boys are quick to pick up on the stress in the room and are likely to have big reactions to sibling arguments. To that end, it's important to build a family culture where conflict is mitigated using problem solving skills:

Practice working through disagreements using role play.

E-mail: admin@stellaplaytherapy.co.za

STELLA JANSEN
FAMILY MEDIATOR & THERAPIST
060 771 9407
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STELLA'S
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Mamma kyk hier?





Back to School 2019

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isabel.vosloo04@gmail.com

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Droë Vrugte / Dry Friut
Charmaine 072 768 8582



Stuur 'n e-pos na charmaine@topvibe.co.za
Ek stuur 'n pryslys en bestelvorm.





PHOTO COMPETITION:

HOSTED BY: Top Vibe Online KIDS Magazine

Charmaine 072 768 8582

NEW Closing date:
16 March 2019

AGE CATEGORIES

0 - 1 2 - 3

4 - 5 6 - 9

Boys and Girls

PRIZES TO BE WON

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Send proof of payment together with the photo and entry form to admin@topvibe.co.za

JUDGES

4 Independent Celebrity Judges

Judges decision is final and NO correspondence will be entered into thereafter.

Winner Announcement
22 March 2019

ENTRY FORM:

Name and Surname parent/ guardian: ----------

Name & Surname of the contestant: ----------

Age:------- Boy/Girl:------- Contact Nr:----------

E-mail Address:----------

Competition Rules:

1. Entry fees must be deposited into bank account.
2. Proof of payment, entry form and 2 x photos must be e-mailed to admin@topvibe.co.za
3. NO unpaid entries will be judged.
4. Entry fees are not refundable.
5. NO LATE ENTRIES.
6. Organisers has the right to change categories depending on entries.
7. Judges decision will be announced in 22 March 2019.

Photo of the Winners will be in the Top Vibe Kids Magazine and all social media platforms.

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7 Powerful Tips for Parent - Child communication part 1

Greater openness is important because, while 21st Century kids are articulate beyond belief—"Did my five year old just bring up greening the house?"—children don't always open up about what really bothers them or about their lives in what I call "the second family": the peer group, pop culture, and the Internet out there. Knowing specifics about pre-school through high school dramas, fears, or worries makes a profound difference in being an authoritative parent who can guide kids through an increasingly tough academic and social world. After all, information is power, and knowing the ways to talk naturally to your child, as one so poignantly put to his father, "makes me feel like you really care."

1. Talk during the in-betweens.

What were you doing the last time you had a good conversation with your child? I know the answers: walking or driving to school, baking together, bath time, and, of course, bedtime. These times and activities loosen tongues because parent and child aren't looking at each other. In fact, we are in parallel position. Most of us think talking is supposed to be about relating deeply, but kids actually open up in the middle of doing other things, during what I refer to as the

2. Observe your child's conversational style. You've heard about learning or attentional styles, but our kids have hard-wired conversational styles that don't change much. One child may be a lively morning talker. Another is barely human before the bus arrives, but after school it's no-holds-barred banter. One of your children likes a lot of back and forth, another needs to talk at a slower pace, a third can't tolerate questions. The key to openness is to not change what is unchangeable, but instead to respect natural times and ways of talking. Build what I call "talking rituals" around them: 15 minutes of driving together or downtime side-by-side in the evening may be all you need to make that connection.



3. Be a person.

Respond to your child with real emotion. Don't go over the top with reactions, but don't be a therapist either. Nodding one's head, naming feelings, and reflecting back is terrific when kids are extremely young or upset or sick or scared. But for the everyday tracking we need to stay in touch with their lives, it is far better to respond like an actual person. "Are you kidding me, Michael did what to Earnest?" "I love what you said to Jenny, it touches my heart." After all, don't genuine responses make you want to share more too?

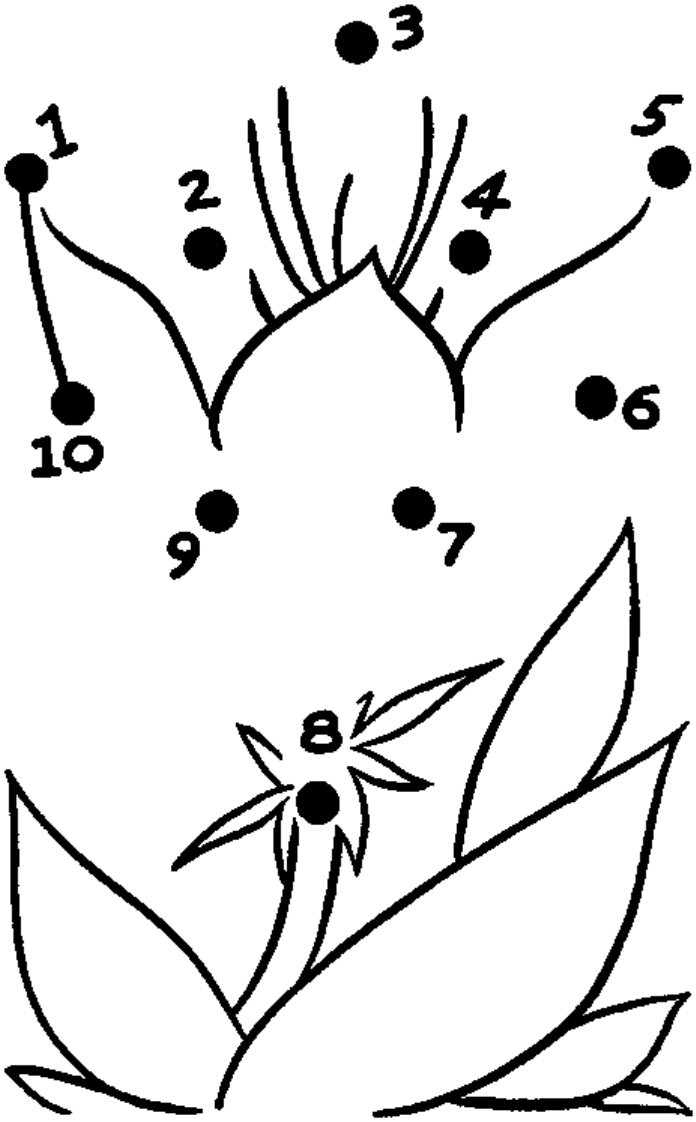
4. Encourage emotional literacy.

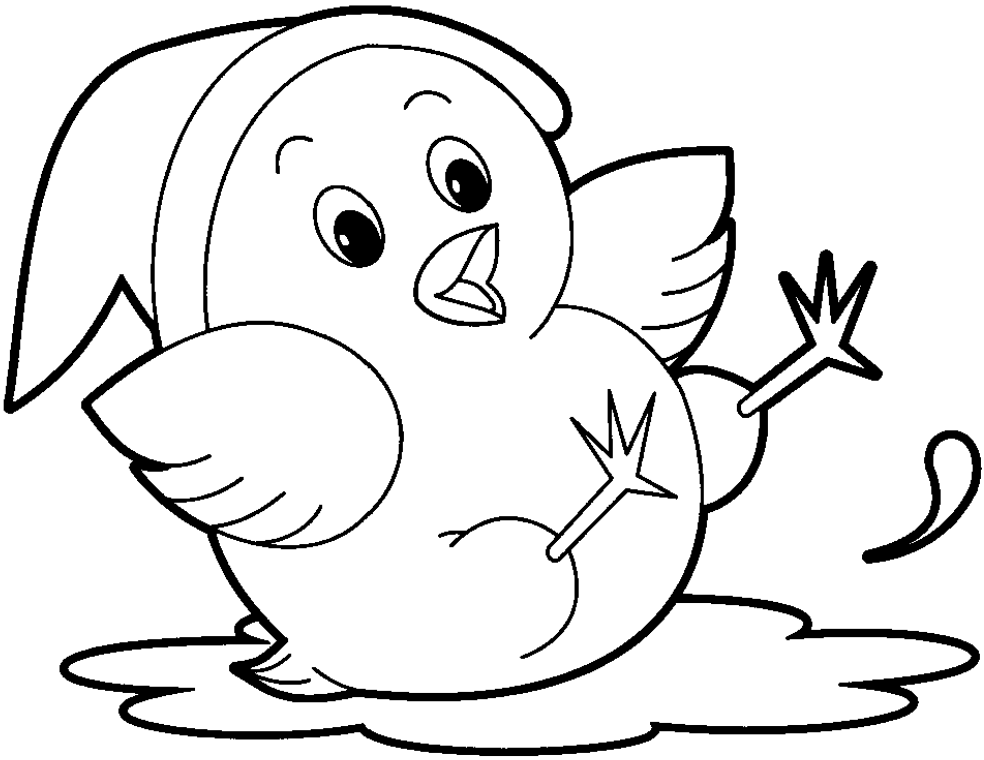
Help your kids tell the story. We focus on academics, but our kids also need to be emotionally literate, able to tell a story from beginning to end. Problems are better solved when one can articulate them to another person and people find solutions together. I know, kids take so long to get to the point and schedules must be followed. But slow down for two minutes to ask action questions: "Who was there? What did they say? What happened next?" These help your child feel heard and show you are interested in the whole story. "Love is focused interest," it has been said, and our kids can tell when we are interested in the story. As a 6-year-old said to me, "I want mom's undivided attention." "What do you mean, no siblings around?" "No," she replied," not thinking about 50 other things at once."

5. Details matter.

Pay attention to the superficial. "You lost quarters under the vending machine. What year were they?" often leads to the real scoop. "I was at the vending machine because I didn't think anyone would talk to me at lunch." The trivial is where kids live; they get scared off when we delve for deeper feelings, as in "How did that make you feel?" So, commit to the superficial, and more often than not the trivial will lead to what's really going on.

Join the dot's





give me colour / kleur my in

Read with your children



What You Need to Know:

Read with your baby and young child as often as you can, at least 10 minutes a day if possible. Even though your young child can't read yet, listening as you read and looking at the pictures helps his brain develop and get ready for future school success. Reading stories is a great way to build vocabulary and foster a close emotional bond too. Keep books in the car, diaper bag, and at home so you are always ready when the time is right to read.

Benefits of Reading With Young Children:

Learning to read may seem easy if you are a good reader, but it is actually a tough task for lots of children. It makes big demands on the brain and requires a young child to think differently. By reading aloud from birth or even before, you are building a solid foundation, book by book, that will help your child succeed in school and in life. Just as important, you will foster a love of reading for pure enjoyment. Books bring us experiences from people, places, and times that we could never have directly. They help us see things differently, learn important information, and expand our knowledge.

Basic Skills Your Child Will Learn From Reading With You:

As you read each day with your child, use this list to guide your questions and comments:

* How to hold a book and turn pages
* Differences between words and pictures
* New vocabulary words
* Understanding rhyming words
* Different ways to think about common situations
* Handling all kinds of feelings
* Names and sounds of alphabet letters
* Learning about story structure, such as beginning, middle, and end
* Making predictions about what may happen
* Seeing new possibilities

1. Incorporate books in your daily in life.
By composing book reading into your day-to-day routine you'll give your child repeated opportunities to explore books and learn from them. Just as your child will regularly get dressed in the morning or eat meals, books too can be introduced as a part of an expected routine.

When should you read? You could incorporate book reading at a consistent time each day: like before a nap, after a bath, or before bed time. To make the reading time even more special you could create a "book nook," a specific place in your house where you and your child always go to read together. Creating this place with your child will give him or her a sense of ownership over the place and a sense of purpose: whenever you go to the nook your child will connect that with reading time, and will know the expected routine.

2. Expose your child to others reading
Much of what your child will learn about the world comes through observation and exploration. You can use this to build their interest in reading: make books and reading a normal sight. By having books in your home, and by you reading books in front of your child, you'll show your child the importance of reading.

3. Make reading an interactive activity
Reading by yourself, or your child reading by his or herself, is okay—reading together is better. And it's especially necessary in the early years of your child reading books.

give me colour / kleur my in



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KIDDIES PARTIES

DELUXE PACKAGE

Full party set-up for 10 children includes the following:








- Digital invitation
- Printed T-shirt/outfit for the birthday girl / boy
- Tables with tablecloths & overlays
- Chairs with princess chair covers / fireback
- Plates & Serviettes & Straws
- 2 x Themed centre pieces
- 20 x Helium balloons
- 2 Themed helium balloons
- 10 x Party boxes with personalized labels
- Themed Bunting Flags
- 2 Tier theme fondant cake
- 10 Themed cupcakes
- 10 x Themed cake pops
- 10 x fruit sticks
- 10 x mini hotdogs
- 10 x cooldrinks with personalized labels
- Includes labour - Full party set-up and removal

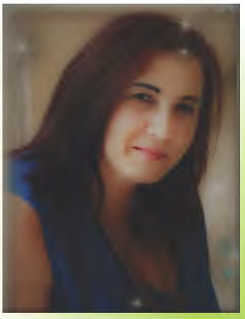
ADD ON'S AVAILABLE:

- Face paint / balloon sculpture activity
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- Decorate your own cupcake activity
- Photographer 1 hour
- Backdrop for photos
- Art class by Nadia - 1 hour
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- Balloon arch
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- Candy Table according to theme
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Dear readers,

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Editor Charmaine 072 768 8582
E-mail admin@topvibe.co.za



Dear friend,

Please tell us what you have to offer for children we would like to tell everybody about your business.

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Sub-Editor Stella 060 771 9407
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