Top Vibe

Online KIDS Magazine

Issue 16



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Zetske Klopper

Page 3

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Liewe maatjies.

Dit is sowaar November maand die laaste maand van skool.
Die vakansie is reeds beplan en nou is dit net hard leer vir die laaste toetse.

Maatjies julle moet nou als in julle vermoë doen om 'n sukses van die eksamens te maak.

O ja, ek hoop dat julle soet was anders stop Kersvader nie eers by jou huis nie.
Het jy al jou wens brieffie vir hom gestuur? As jy weg gaan en nie by die huis gaan wees oor Kersfees nie, het jy vir kersvader jou vakansie address gegee.
Anders gaan hy nie weet waarheen moet jou geskenke gaan nie.

As jy nog nie jou brieffie geskryf het nie doen dit sommer nou dadelik en pos dit na die Noordpool.

Maatjies vanjaar het ons 'n kersboom projek. Ons boom het name op van kinders wat nie ouers het nie. Jy kan dan 'n naam koop vir R100 en die geld word aangewend om geskenkies vir daardie maatjies te gee.

Ons sal dit so waardeer as julle ons kan help sodat ons hulle hartjies kan bly maak. Gaan kyk gerus op bladsy 8.

Maatjies ek moet nou groet, daar is nog baie om te doen. Soet wees en wees soet vir mamma en pappa en hard leer.

Ons praat weer gou, stuur vir my 'n boodskap ek vertel my bietjie hoe dit met jou gaan.

Tot volgende maand
Liefde Tannie Charms

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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Zetske Klopper

Hierdie pragtige pop met haar groot oë kyk die wêreld vierkantig in die oë.

Sy doen model werk en geniet elke oomblik daarvan.







Sy is so mooi en dan het sy nog 'n hart van goud.Gelukkige doen sy presies dit waarvan sy hou en nog altyd van ge-droom het.
Geniet dit wat jy doen Zetske jy gaan dit nog vêr bring.

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





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There is ONLY 12 Cover Pages Please note no entries over the age of 16.

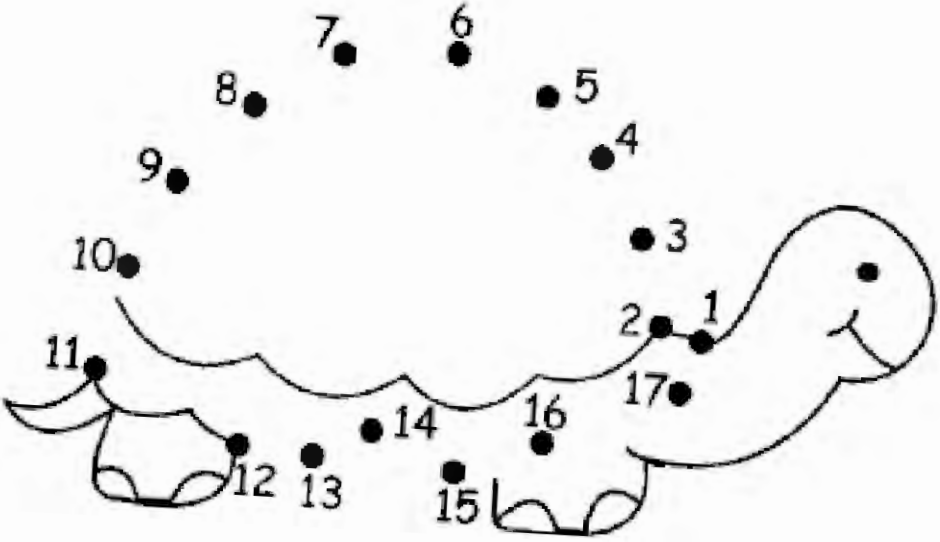
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New Baby brother or sister



Dealing with a new brother and sister at home can be tough on a 2-year-old. Here are some strategies to help ease the transition to big sibling.

You probably don't need to be told that sharing doesn't come naturally to most little kids. "Mine" is probably one of your toddler's favorite words. Now try to imagine your little one having to share not just a toy but his mommy and daddy. (And for a lot longer than an hour or two at the playground.) No wonder suddenly having a sibling — something 80 percent of us experience, by the way — can be so fraught. Luckily, there are some tried-and-true ways to make things easier.

How to cope with jealousy toward the new baby
Acknowledge your child's feelings. Know that your little one may express negative feelings or act out, and don't scold. Instead say, "Being a big sibling can be hard. Sometimes you will feel sad or mad or do things you don't mean to do and that's OK. We will always love you and want to help you feel better."

Spend regular one-on-one time together. Try to give your toddler a bit of undivided attention, even if it's just 10 to 20 minutes a day. One way to accomplish this more easily is to wear your newborn in a sling, which gives you two free hands to play a game with your older child. And have your older child cuddle while you're nursing.

Feeling frazzled? Enlist help from a relative, who can tend to your newborn as you spend time with your oldest. Or suggest your partner schedule special activities together with your child, like whipping up weekend waffles or heading out to the movies.

Offer a gift (or two). No doubt there'll be awesome baby gifts arriving by the truckload, which can be pretty rough for a tot who's sitting on the sidelines watching the loot accumulate. So once in a while, surprise your older child with a big-kid present you happen to have at the ready. Nothing fancy — just a little something that says "being a big sib rocks," like a new set of markers and a giant pad, a coloring book, a book, a puzzle or even a sheet of stickers. When friends arrive with (yet another) giant box for the baby, let your tot unwrap it for him (what a good helper!). If it's an item that your newborn is too little to use (like a doggie pull-toy or set of blocks) let your big kid (gently) break it in

Praise often. Reward your child with hugs and compliments for showing patience (waiting without wailing while you change a diaper), cooperativeness (handing you that diaper instead of winging it at the wall) and empathy ("The baby's crying, Mommy. Maybe he's hungry"). Make a fuss, especially in front of others: "Thank you for handing me the diaper, sweetheart! What a great big sibling!"

Dealing with specific behavior issues
Regression. Know that your toddler may revert back to behavior more typical to that of a younger child, like thumb-sucking, or experience setbacks if he's toilet training or learning to use

a toddler bed. Know too, that this is as much a sign of stress as it is a grab for attention. Try to be extra understanding and patient. And if possible, plan to start big changes, like toilet-training or weaning, well before the newborn arrives.

Acting rough with the baby. Your child may try to express anger towards the baby through physical aggression. Don't punish, but do make it clear that absolutely no hurting is allowed. Let your little one express anger through other ways, like drawing a picture of himself looking mad or roaring like a big, fierce lion.

Anxiety. Anxious feelings often come from feeling displaced; you may notice more separation anxiety in particular. Along with making sure to spend time with your older child, encourage him to talk to you about how he feels. Be reassuring and tell him it's normal to want things to be like they were before the baby.

Tips for older kids
Arrange a few playdates. School-age kids have no doubt made a few close friends by now and may have a long-time sitter or nanny. So see if you can schedule some extra time for your child to spend with them. Maybe plan a day at the movies or a trip to the ice skating rink. Your older child will not only enjoy these outings but will most likely feel more secure around people with whom he's comfortable.





Try to stick to the usual routine. While it may be difficult to have things run like clockwork with the disruption of a new baby, doing your best to maintain a regular schedule will help your big kid feel less anxious and more reassured. Make sure he gets up and goes to bed at the same time as before the new sibling arrived and that your child participates in as many regular activities as possible.

Ask for help with baby-related tasks. Ask your child to put diapers on the shelf next to the changing table or fetch blankets or bottles for you. Once you feel he's ready, your older child can even help burp, bathe and dress the new baby. No doubt he will feel proud to be given some new responsibilities. From the What to Expect editorial team and Heidi Murkoff, author of What to Expect the Second Year. Health information on this site is based on peer-reviewed medical journals and highly respected health organizations and institutions including ACOG (American College of Obstetricians and Gynecologists), CDC (Centers for Disease Control and Prevention) and AAP (American Academy of Pediatrics), as well as the What to Expect books by Heidi Murkoff.

View Sources

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How to give back at Christmas

Every year at Christmas, our family looks for ways to practice generosity and selfless service. This year though, there have been so many causes on my heart that our budget simply can't reach out to them all. We always donate to a local toy drive in our little town, as well as the Salvation Army Christmas Angel program. This year I've wanted to do so much more. I decided instead to share with all of you the wonderful ways I've discovered to reach out to those in need this year.

Perhaps you'll be inspired by one of these great ideas and you can bring the joy of Christ to others in your community or around the world this Christmas. Because that is what this season is really about.

Visit a homeless shelter or tent city and donate blankets, gloves, socks, hats, or coats. Each little item keeps someone warm and can help them survive those awfully cold nights.

If you don't have the money or items to donate, simply visit with the folks at the local homeless shelter or tent city. Sometimes just feeling like you matter as a person can really uplift someone.
Sponsor an angel from the Salvation Army angel tree. This is a special tradition for our family every year, and we delight in picking out just the perfect gift requested on the card.
If you're unable to get out to a store to choose an individual angel from their trees around town, you can still donate to the Salvation Army online! A donation online is just like dropping money into those little red buckets. Our local Salvation Army is reportedly very short this year in their projected donations, so every little bit helps.
As I mentioned in a post titled "A Fair Trade Christmas," shopping Fair Trade for Christmas is a wonderful way to find unique and personal gifts for friends and loved ones and it helps support artisans in developing nations. Win win.
One Warm Coat is a national organization dedicated to making sure everyone who needs a warm coat this

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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.

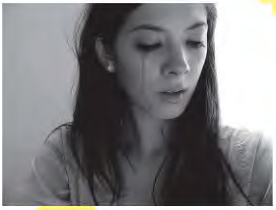
Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.
Let's stand together and get INVOLVED in making a difference in someone's life and give back their dignity.

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



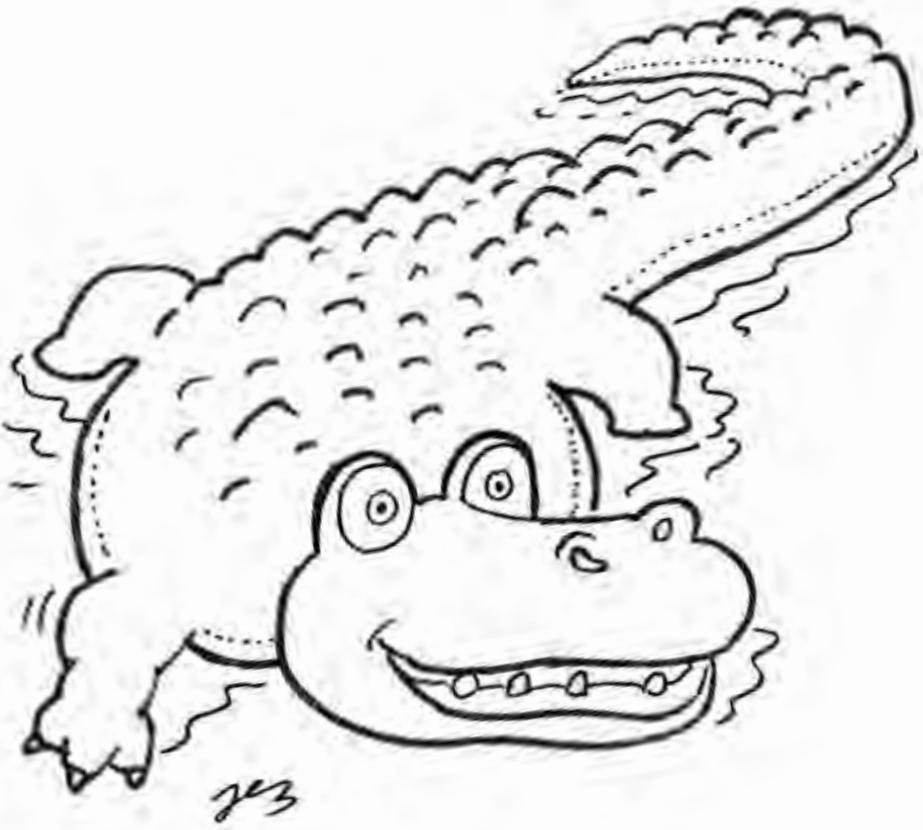


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One Warm Coat is a national organization dedicated to making sure everyone who needs a warm coat this year gets one. It breaks my heart thinking that someone out there who needs a coat doesn't have one, and this really shouldn't be happening in our country. If you follow the link I've provided, you can click on the map on the right and then find a coat drive in your area. I checked, and sure enough, there is one in our area!
One of my favorite organizations this time of year is Samaritan's Purse Operation Christmas Child. If you're unfamiliar with this project, their website offers all the information you need to help. Briefly, Operation Christmas Child sends specially created care packages to children all over the world who need the most basic items as well as some personal gifts to really light up their world. Unfortunately, the national send-off week has passed, but you can still donate to the amazing cause at Samaritan's Purse on their website. I want to make it a family tradition starting next year to pack a box together for a child who needs it.
I participated at our previous church in Operation Give, which sends 10,000 stockings to soldiers serving in Iraq and Afghanistan. While -unfortunately- the deadline for stockings and stocking stuffers has passed, they are still in a great need for monetary donations right now to pay for shipping charges to actually get these stockings to the troops. You can donate at the link provided. {Since some of the suggestions I'm giving have already passed, I promise to revise this post again next year much earlier!}
Another opportunity to support to our troops is through our USO program. The USO serves our troops year round, not just at Christmastime. They are always in need of support. You can donate at the link provided. Any online donations to such causes could be a thoughtful gift given in the name of others, such as neighbors or coworkers. It could be included in a card that a donation was made in their name to one of these wonderful programs.
If you're a pet lover, often local animal shelters hold food or toy drives for the animals housed there during Christmastime. These shelters tend to see an influx of new animals when the weather turns cold, because people are more inclined to drop off a stray for fear of them not surviving the cold. Shelters rely on such food donations well into the new year to care for the animals that wander their way.
al. Of course our current national economic state doesn't help either.
Volunteering at a local soup kitchen can be a great bonding experience for your family, and can give you a chance to make friends with those less fortunate in our community.