Top Vibe Online KIDS Magazine

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Here's how to keep your children safe page 6

Cover page Face WINNER

Ruben Smith

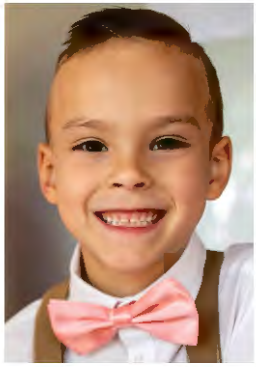
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Top Vibe Kids Magazine
Charmaine Britz



Editor's Note - Charmaine

Rubin Smith our Cover page WINNER



Just have a look at this beautiful young Ruben Smith winner of our Cover page competition.



We would like to keep our children informed and how to be safe from kidnappers, see page 6 for more information.

Keep on following us on Facebook, there is a lot more competitions to come.

If you have any ideas that you would like to share with us please drop us an e mail.
Subject Ideas to admin@topvibe.co.za

I'm sure you have great ideas share it with us.

Please stay safe, wear your mask and wash your hands.

Till next time, Love Charms

The handsome Rubin Smith is a grade 1 student at Emfuleni school in Vanderbijlpark.
He is a bright youngster and very popular among the kids at school.

Congratulations we are so proud to have you on our Cover Page.

I'm sure you have enjoyed your prizes. Thank you once again to our sponsors.
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E- mail: admin@topvibe.co.za
Website: www.topvibe.co.za
Call: Charmaine 072 768 8582

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Mom look here?















Pamper Party for Girls



Party idees have changed from what it use to be.

Having a pamper party is a perfect party idee for girls.
Book a party session with your nearest spa who caters for kids parties.

The pampering session is:

Facial steam.

Steaming your face has many benefits and it could leave your skin feeling soft and fabulous. ...

Face masks.

Face masks can be quite therapeutic. ..

Body massages.

Massages not only help alleviate pain, they also help you relax if you're dealing with any stress.
Nails. ...
Jacuzzi. ...
Pampering your feet.

The girls will love this, and the birthday girls friends will talk about this party for a very long time.

Food:

This is very easy a few idees:

Fruit sticks
Small cup cakes
Small tubs of yoghurt
Chicken kebabs
Salad
Do all the food is small portions.

Drinks:

We know that kids don't love to drink water.
There is great idees with water use a big glass on tap container. Put is orange slices, lemon slices, berries ect.

Fruit drink will also be a good thing but make it extravagant for them.

Make colored ice cubs.
Use your imagination and have fun in doing it.

Most of te spa's have packages that will include everything.

So mom you can sit back and enjoy the birthday celebrations.

Here's how to keep your children safe

The following tips to help parents keep their children safe:

Eyes open:
Always keep an eye out for strangers loitering nearby. Avoid being distracted by your phone or other devices and duties / activities that you aren't fully aware of your surroundings.

Kidnappings happen in a matter of seconds. If you see anything untoward, report it to the authorities.

Avoid danger areas:
Avoid spots where you can become easily separated from your kids and where they can disappear in the masses. Teach your kids to always be in a well-protected and monitored area, where a responsible adult or authority is nearby. Also start right at your own doorstep and make sure that your home is thoroughly secured against would-be kidnappers.

Who you gonna call?
A two-way line of communication should be available between parents and kids at all times. Instruct your kids to call you immediately when something is amiss or when there's a change in plans that they haven't cleared with you, even if it comes from someone they know well. They should also know their own address, home phone number, your cellphone number and emergency contact numbers.

ID check:
Instill a healthy sense of skepticism in your kids. When someone claims to be an official or to know you, insist that they check with you to verify this.

Keep your friends close:
Kids should always be close to their parents, particularly in busy, public spaces. If your kids go out, they should always take a friend with them, especially to a place they haven't been before. Ideally, a responsible adult should also be in the vicinity in case something goes awry.

Make sure the school has done its homework:
Your child's school must have proactive measures in place against kidnapping and enforce these to ensure your child's safety.

Have a backup plan:
Your kids should always know what they should do and where they should meet you if they are lost in a public area. This will help even if you don't have cellphone reception.

Move as fast as you can, make as much noise as possible:
If someone follows your kids, tries to restrain them or force them into a car, they should run and scream as loudly as they can.
Tracking apps and panic buttons: Use technology at your disposal to know where your kids are at all times and to allow them to alert you immediately if need be.



5 Types of Household Rules Kids Need

While your sister might allow her kids to jump on the furniture, you might decide that's not OK in your house. Or maybe the kids are allowed to bang on the pots and pans in your kitchen but in Grandma's house, that's a no-no.

It's important to create a clear set of household rules so your children know what's allowed and what type of behavior is off-limits. Establishing clear rules is a simple way to reduce behavior problems and increase consistency with your discipline.

Kids need enough rules to feel safe and secure. But, if you give them too many rules, you might stifle their development.

Regardless of how old your children are or how many children you have, there are five types of rules all kids need.

1. Rules That Promote Safety
Safety rules include physical safety and emotional safety. When kids feel safe, they are free to focus their energy on exploring their talents and their environment.

2. Physical safety might address things like:

"Don't answer the door when Mom's in the shower."
"Sit on the furniture only (no standing or jumping)."

3. Emotional safety may include household rules like:

"Everyone can share their feelings as long as they show respect."
"Use kind words only."

2. Rules That Promote Morality
Create rules that instill values and morals in your children. These types of rules may include things like:

"Apologize when you're sorry."
"Don't hurt others."

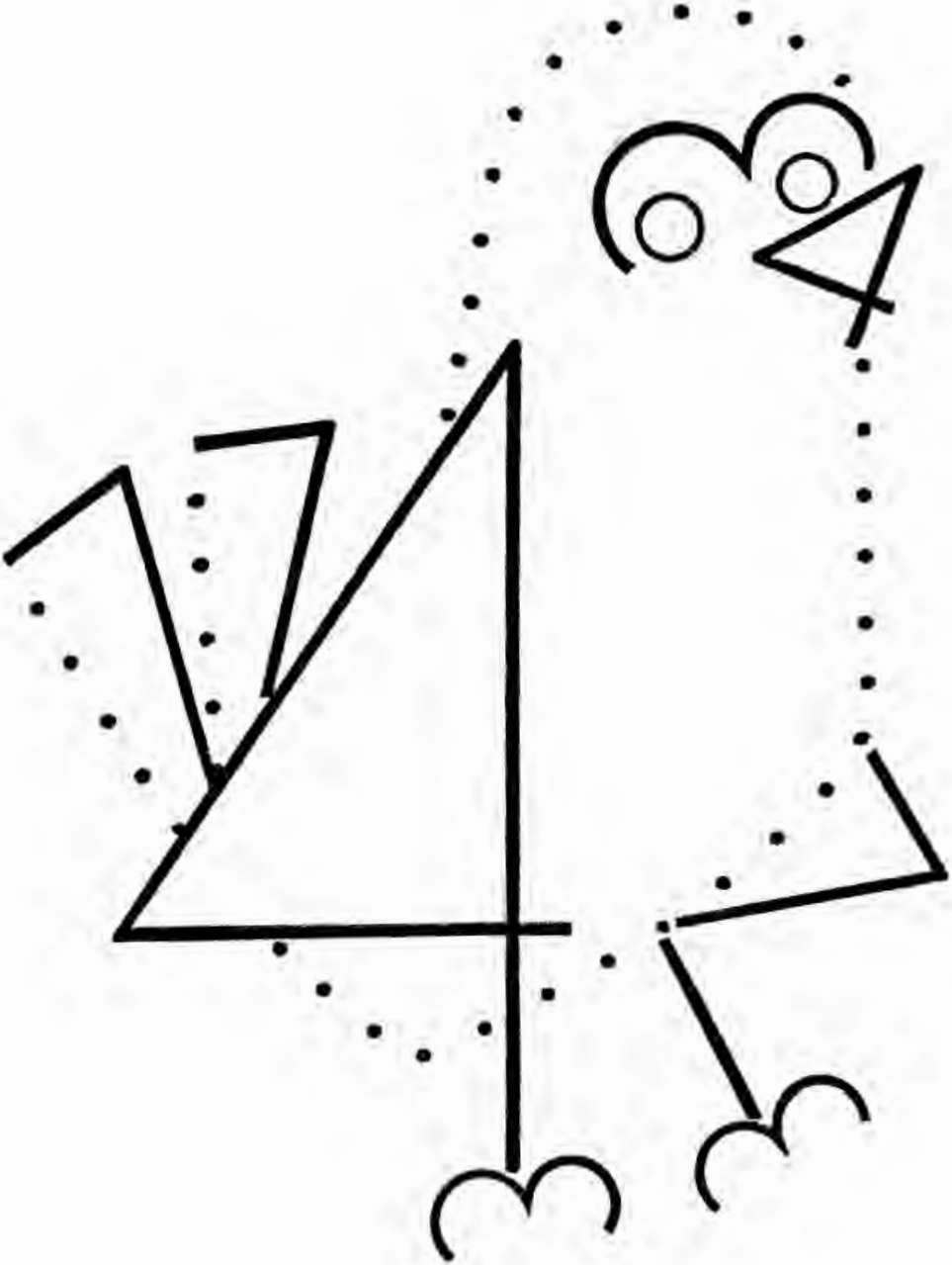
5. Rules to Prepare for the Real World
Kids also need rules that will help prepare them for becoming adults. Establish rules that teach life skills that will help them function better once they leave home. The exact rules and help your child will need to develop these skills will depend largely on your child's temperament.

Some kids are just more likely to behave responsibly and stay motivated with their school work, while other kids need extra rules to support them.

For example, setting rules about chores and money helps prepare kids for the working environment. Provide kids with chores and the opportunity to earn an allowance. Then, teach them about money so they can learn how to save and spend money wisely so they are better prepared for paying their own bills as adults.

Tips for Creating Your List of Household Rules
Create a formal list of written household rules. Cover the major rules that you think are the most important. For example, if keeping an orderly house is especially important to you, a rule might be "Pick up after yourself" or "Make your bed each morning."

Join the dots.....



Here are some strategies that will make your rules most effective:

Allow the kids to offer input. Ultimately, your household rules are up to you, but your child will be more motivated to follow the rules when they feel like they've had an opportunity to offer some input. Have an open mind—your child may come up with new ideas and things you hadn't even thought of!

Be a good role model. Your household rules should be rules that everyone follows—including you.1 So don't include rules you don't plan to follow. If a rule at your house is to tell the truth, don’t say your 13-year-old is only 12 just to get a cheaper movie ticket.

Be prepared to enforce the rules. If you're going to include a rule on the list, be prepared to enforce it.5 If you're not really going to address issues like swearing or not making the bed, don't add them to the list. Otherwise, you'll send the message that the items on the list are suggestions, as opposed to rules.

Explain exceptions to the rules. Whether it's a holiday or a special circumstance that causes you to break the rules, explain the reasons you're breaking the rules to your children. Let them know you are willing to make exceptions to the rules sometimes.

Own your mistakes. Even adults break the rules sometimes. But if you try to downplay your behavior or make excuses, your kids will do the same when they break the rules. So if you say a swear word or you tell a lie, take full responsibility for your behavior.

Post your list of rules. Hang up your list of written rules in an area where everyone can see them, like on the refrigerator.1 Just make sure the list isn't too long or too complicated—you

Post your list of rules. Hang up your list of written rules in an area where everyone can see them, like on the refrigerator.1 Just make sure the list isn't too long or too complicated—you don't want it to become more like a policy manual rather than a list of household rules.

Provide a short explanation of the rules. Kids will be much more likely to see the importance of a rule if they understand the reasoning behind the rule. So explain, "We walk in the house because there isn't enough room to run around and someone might get hurt."1

Provide consequences for broken rules. Kids need consequences to help them make better choices the next time.5 Appropriate consequences for breaking the rules may include things such as loss of privileges or restitution.

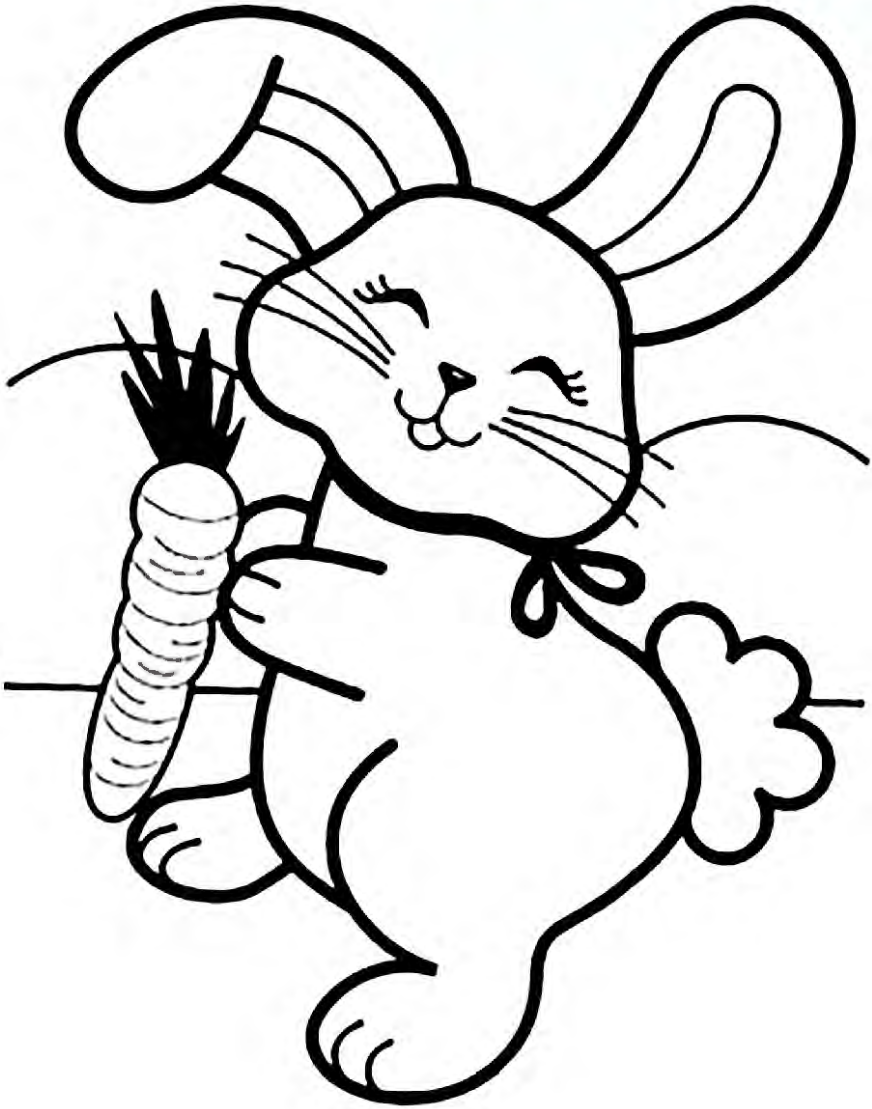
Review the rules often. The rules you needed when your child was a preschooler are going to be much different from the rules you need when they're a teenager. Adjust your household rules as your family grows and changes.

Use a positive spin. Try to word the rules in a positive way when possible. For example, you may say, "Use respectful language," instead of "No swearing.

5 Types of Household Rules Kids Need

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



5 Ways to Keep Little Hands Clean



Because small children are natural, effective, and indiscriminate germ-spreaders, keeping them healthy requires diligence. The single most important disease-prevention strategy is hand washing. Not fingertip washing, but whole-hand washing, back and front.
Germs and viruses like all the hiding places on our hands — between fingers, under nails, and around cuticles. Model frequent, thorough hand washing.

The following suggestions will help you teach your child to take an active role in preventing the spread of germs.

Read the book Germs Make Me Sick to help reinforce the importance of hand washing. Or, share this instructional printable on hand washing, which reviews the five steps involved in cleaning hands.

Make sure hand washing supplies are easily accessible: clean towels; liquid soap, somewhat diluted for easy sudsing and rinsing; and non allergenic hand lotion, to keep skin moisturized so it's less likely to crack and harbor germs.

Make tissues readily available for runny noses and sneezing. Encourage your child to use his upper arm to catch coughs, rather than his hands, and to wash his hands after using tissues.
Wash toys together periodically. Place plastic and wooden toys in the kitchen sink or bathtub and have a good time cleaning them off.

5 Easy steps to keep your hands clean....



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