Top Vibe

Online KIDS Magazine

Issue 3



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Editors Note..

Hallo Little one's can you believe it's our 3rd Issue. We would like to thank our advertisers for their support. Please support our advertisers.

It's heart warming to know that you guys just love this magazine. We have grown in pages. Mom and Dad thank you that you download this magazine.

If you are a new reader to this magazine, go to www.topvibe.co.za to find this magazine.

If you have a child that is shy, please read our article on page 7 or call Stella for more information.

Our 2nd colour in competition winner is on page 12.

This magazine will be online the 1st of every month. Visit our Facebook page charmaine britz or download this magazine from www.topvibe.co.za

Would you like to become a Ambassador or one of our clients that would like to advertise in this magazine? call Charmaine on 072 768 8582 or send us an E-mail to admin@topvibe.co.za

Thank you trust that you will enjoy the magazine, take care till next month.

Charms xox



Sub-Redakteur Nota..

Hallo julle klein mensies

Tannie Stella is so opgewonde om deel van die wonderlike kinder tydskrif te wees.

Ek weet sommer julle gaan hierdie tydskrif baie geniet. Die vakansie is om die draai. Laat weet my bietjie wat het julle gedoen. Skryf bietjie vir ons 'n email, vra mamma om dit vir ons te email.

Die maand van Oktober het ek 'n Boelie program by Stella's Play Therapy.
Julle moet bietjie kom hallo sê en my kom vertel van julle stories. Onthou sê NEE vir Boelie.

Volgende maand gesels ek oor Boelie.
Kyk uit daarvoor.

As julle my wil kontak hier is my kontak besonderhede.
Stella 060 771 9407 of 016 - 100 1479
admin@stellasplaytherapy.co.za

Tot volgende maand weer

Soet wees!

Tannie Stella

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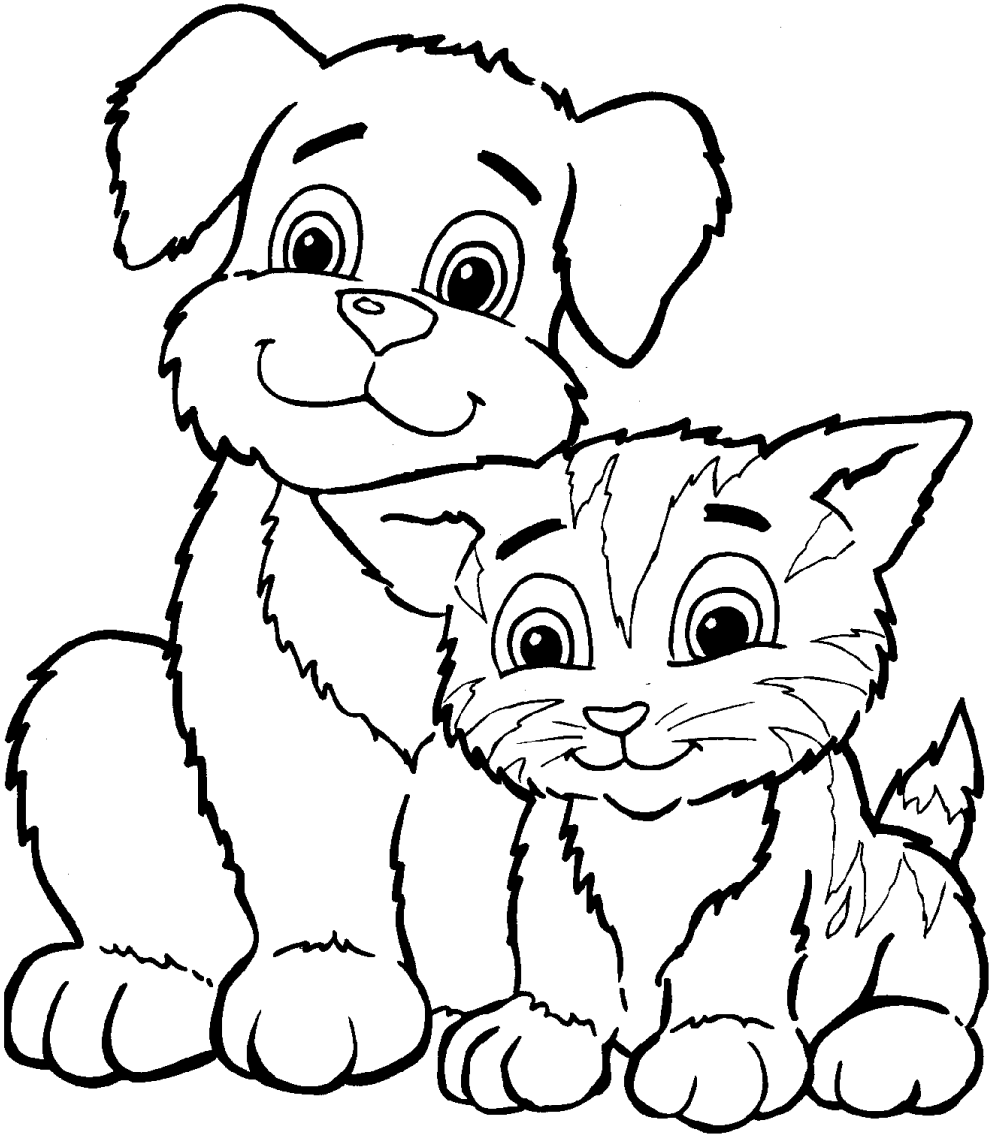
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Die Bus Stop bied veilige plek vir jou kind na skool, ons is geleë 2 minute se stap vanaf Transvalia Hoërskool, in n veilige area, genoegsame plek vir studies en ontspanning.

Ons neem kinders van Graad 8 tot Matriek. Daar is kontrole en toesig gedurende studie tyd.
Ons bied n ligte middag ete en drink goed sal voorsien word. Vervoer kan gereel word.

Kontak gerus vir Lynette vir enige verdere inligting.

0837957506



Nienke van der Westhuizen

Ons voorblad nooi!

Die 4 jarige Nienke is so gemaklik met die kamera se klik-klik op haar.
Sy is 'n regte modepop wat op 'n plaas woon.
Sy is te pragtig en geniet elke oomblik van kind wees tussen die diere op die plaas.

Met Nienke se Mamma Ru-Ann wat haar eie fotografie besigheid besit kan mens verstaan hoekom sy so gemaklik is voor 'n kamera. Ru-Ann het hierdie foto op kamera vasgevang.

Hoe gerus hierdie modepop dop sy gaan verseker die koppe laat draai in die model wêreld.

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Mom can we go shopping ?
Please Mom!

Children and Shyness!

I am Stella Jansen. I am a councillor that use Play Therapy with Children.
I have my own practice in Vanderbijlpark.
I want to talk about a shy child.

Shyness is often misunderstood because it is not one emotion, but a mixture of fear, tension, apprehension and/or embarrassment. Shy children seem to lack confidence and are self- conscious especially in new surroundings or when they are the center of attention. Symptoms of shyness may include gaze aversion, a soft tone of voice, and/or hesitant or trembling speech.
It is noteworthy that shyness is not necessarily a negative attribute. Many shy children exhibit an ability to please and think for themselves. Being reserved can also be a worthy personality trait.
It is when shyness is severe that educators need to be concerned.

The problem with a child being extremely shy is that he or she may be perceived by peers as unfriendly and disinterested. Children may avoid playing with ashy child, thus hampering his or her social development and increasing the chances of a child having low self- esteem. With few friendships or communication skills, shy children may become lonely and depressed, which can interfere with social development and learning, by helping them relate comfortably with others. If no assistance is provided, shyness my worsen.

What can educators do to facilitate the development of a shy child's social skills?

1. Create a caring relationship with the child by attempting to understand his or her thoughts, fears and other emotions. Reassure the child that all children feel in-hibited at times.

2. Since a shy student may become more self-conscios when confronted with a loud voice, speak softly and clearly.
Be prepared to wait patiently for a reply to a question because the child may need time to respond.

3. Be accepting of shy child's reticence to participate. Allow the child time to adjust to a situation. This will increase his or her sense of security and self-confidence.

4. Refrain from forcing a child to participate in group activities. Instead, provide nonthreatening ways for the child to interact with peers.

5. Notice and comment on a child's strengths including qualities such as kindness and athletic or academic ability. If you feel the attention will embarrass the child, make the compliment in private.

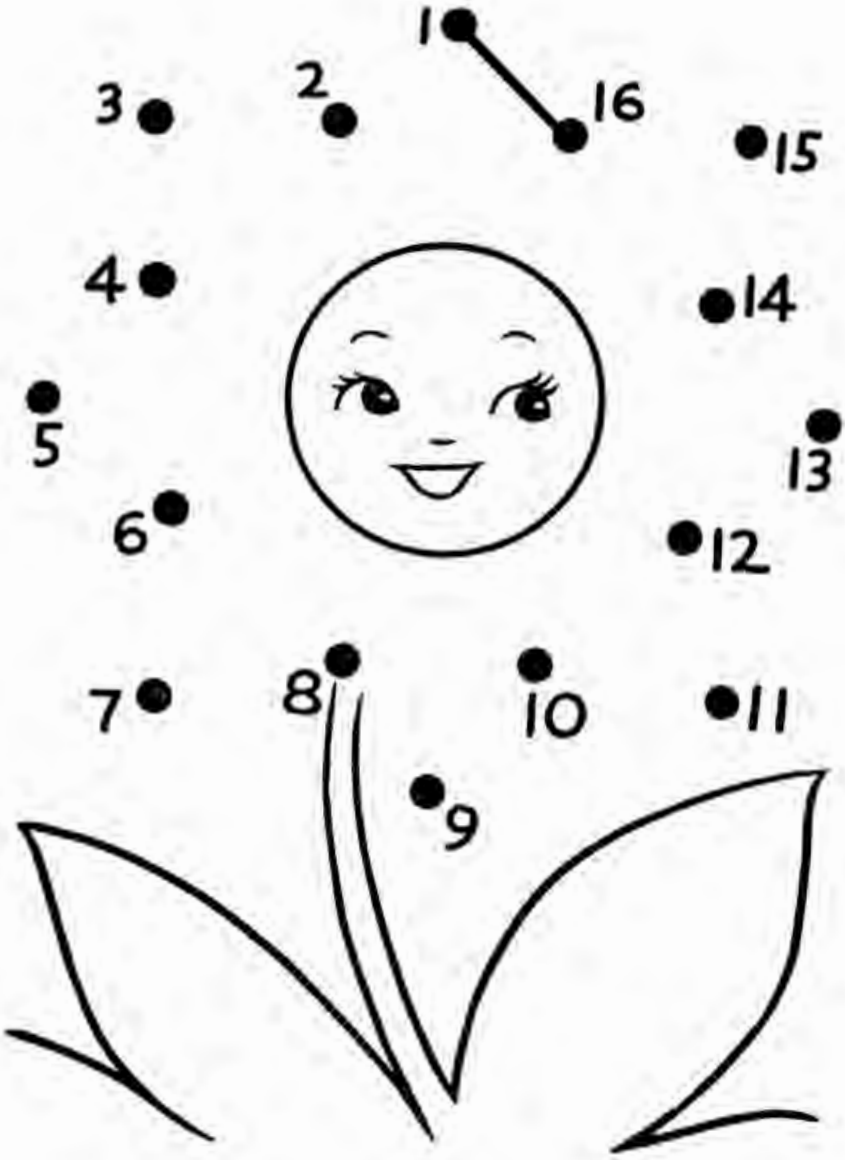
6. Help the child see that everyone makes mistakes and that no one is perfect.
Encourage him or her to keep trying by emphasizing that making an effort is what you consider important.

7. If you label a child as"shy", your description may become a permanent characteristic of the child.
Instead, say something like, "Everyone is different. Melissa is a thinker.
She watches and learns about what's happening before participating.

If the above measures are unsuccessful and extreme shyness and/or anxiety, persist, refer the child for additional professional help.

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Gardening

Gardening is a fantastic activity that kids of every age can enjoy.

Children can learn new skills, have fun, play, and develop self-confidence by digging in the soil, getting dirty, tending to plants and watching them grow.

Gardening teaches children:

Responsibility by highlighting the importance of nurture.
Understanding cause and effect (water and plants grow, ignore and plants die)
Self-confidence and a sense of achievement that stems from growing their own garden
To love nature and the feeling of being outdoors.

Nutrition:

Cooperation and teamwork.
Children will feel a great sense of joy tasting something they have grown themselves. With this in mind, growing a vegetable garden with your child(ren) is one of the best activities you can do together.

Growing a veggie garden:

Kids love planting seeds, watching them sprout, and eventually harvesting what they have grown. But more than that, they will love the opportunity to spend more time with you, and the responsibility that growing your own garden gives them.

To make a successful veggie garden, you should start by choosing appropriate plants. Choose easy-to-grow vegetables such as beets, carrots, radishes and tomatoes, but also include foods that kids love to snack on, such as cherry tomatoes, strawberries, beans and peas. You might also consider adding interest and colour by introducing flowers and herbs such as marigolds, nasturtiums, mint, dill and sunflowers, or texturous plants such as lamb's ear or cotton.





I's important to involve your child in every process of the vegetable garden, and that includes the design. Decide together where you will place your garden, and what you are going to grow in it. If your child needs help making this decision, consider taking them on a trip to your local farmer's market to try some produce or to a nursery to see what plants look like.

Encourage your child to be creative with the garden design and to make it unique to them. Gardens don't have to be presented in a rectangular plot, so consider letting your child choose some interesting pots they could perhaps decorate themselves. Nearly anything that holds soil and has good drainage can be used, and gardens can be placed anywhere that gets plenty of sunlight and an ample supply of water.

You might also like to add unique features such as a water fountain, windmill, chime, or trellis, and will need to allow space for storing garden tools such as child-size rakes, hoes, spades and gloves.

Thing to consider are: -Location:

Choose a sunny spot not too far from your home. Having your garden in the centre of your outdoor activities will make keeping an eye on weeds, insect pests, watering needs and ripe vegetables easier, and will keep the garden at the forefront of your child's mind. Kids tend to work out the 'out of sight out of mind' principle, so avoid planting your veggie's at the bottom of the garden.

Your garden will also need to be in close proximity to a water source for easy watering. Children must bu under adult supervision at all times
Enjoy your garden!!



Having fun!!! We will give you the correct answers in the next Issue

9 Things you should Say to your Kids Every day

1. 

"I LOVE YOU"
Say it to them as often as you like!

2. "I like it when you..."
Talk about positive aspects of their behavior





3. 

This makes them feel valuable

4. 

"Im proud of you"
They need to hear their doing a good job even when it is hard

5. 

"You are Special"
Let them know their uniqueness is a strength.

6. "I trust you"
Building a foundation of trust raises an honest person



7. 

"Never give up"
I know you can do this!
Encourage them never to give up.

8. 

"Thank you"
Im grateful for you



9. "I believe in you"
Teach them hoe valuable they are.



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Send all School NEWS to our e-mail address

Sub -Editor Stella 060 771 9407
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Baie geluk!!

Baie geluk Lilly Rothman, jy is ons wenner van ons inkleur kompetisie Nr 2.
Geniet jou geskenkpak en lekker inkleur!!

Dankie vir elkeen van julle wat deel geneem het in ons kompetisie, ons het 73 inkleur prentjies ontvang.

Mamma help asseblief en plaas 'n foto van- Lilly op ons Facebook blad- Top Vibe Kids Magazine.

Ons webblad - www.topvibe.co.za

Stuur julle prentjie na admin@topvibe.co.za of WhatsApp na 072 768 8582

Inkleur Kompetisie Nr 3 is reeds op ons Facebook blad asook op ons webblad Ouderdom 6-8.



Lilly Rothman 5 jaar oud



Our NEXT Issue



How to take care of your dog

&



How to take care of your teeth with a chart!

Make sure not to miss it.....