Top Vibe

Kids Magazine

ONLINE

October Issue 39
2021



Let's have fun....

My kind jok vreeslik!

Beskerm jou kind teen die son

INDEX

CONTENT

Top Vibe
ONLINE
Kids Magazine

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

COPYRIGHT:

Content of Top Vibe Kids Magazine is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settelment with the editor.

DISCLAIMER:

The Editors or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement. The views of other writers or articles in this Magazine are not necessarily the views of the Editor.

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

MEDIA HOUSE:
TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF

1.

MEDIA HOUSE:

Our Cover page and Back page will go to children posting their photos on our Facebook page.

2.

BESKERM JOU KIND TEEN DIE SON!: Hoe om jou kind te beskerm teen die son.

3.

PREPARE YOUR CHILD FOR KINDERGARTEN:

How to prepare your child for kindergarten.

4.

MY KIND JOK VREESLIK:

Hoekom kinders jok - daar is meer daar agter as wat jy dink.



REGULARS

1. EDITORS NOTE 03

Charmaine Britz CEO - MEDIA HOUSE
Top Vibe Magazine / Top Vibe Kids Magazine, Glamour Talk Magazine and 50+ Magazine/ Tydskrif.

2. AMBASSADORS 04

Top Vibe Kids Ambassadors: Dillan Dé Paiva and Etienne Joshep is our two partners in crime…. And Chanel need to keep a watchful eye over them

3. IT'S FUN TIME 08

We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

4. MODEL COVER PAGE 01

Our Cover page model:
Anonymous

5. MODEL BACK PAGE 20

Back page model - Anonymous



REDAKTEURS NOTA

Dit is Oktober maand en dit is somer, jippie.

Met die skool vakansie om die draai, die heerlike son en 'n see vakansie wat kan jy nou nog voor vra.

As jy nie met vakansie weg gaan nie, moet nie sleg voel nie daar is baie wat jy kan doen by die huis.

Indien jy dalk gaan swem, gebruik sonskerm, dra 'n hoed en 'n sonbril. Die son is bitter warm.

Wat ook al jy gaan doen vra ma of pa om te help om die magazine vir jou af te laai by www.topvibe.co.za en dan kan jy lekker lees en pret hê.

Mooi bly tot volgende maand

Charms

AMBASSADORS



Brand Ambassador
Dillan Dè Paiva

Hi daar,

Sjoe ek is so besig om te studeer vir my eksamens dat ek net mooi by niks uitkom nie. Die jaar is amper verby en ek sien uit na my matriek afskeid en dan na `n lang vakansie.

Maar vir nou is ons eers besig om Ambassadeurs te soek vir 2022, so hou die spasie dop moet nie die pret mis nie. Ek praat weer met julle volgende maand.

Dillan



Brand Ambassador
Etienne Joseph



Hallo maats

Dinge gaan so bietjie verander, hier by ons.
Julle het seker gehoor dat ons NUWE Ambassadeurs soek vir die tydskrif?

Ons gaan baie pret hê met die soektog na 2022 se Ambassadeurs. So hou maar hierdie spasie dop.

Dit is binnekort eksamen en dan gaan ons stil wees vir `n rukkie. Mooi bly tot volgende maand.

Etienne



Brand Ambassador
Chanel Rautenbach



Hallo julle,

Kan julle glo ons is al in Oktober maand. Die jaar is amper verby. Ek verjaar die 8st Oktober en ons gaan so lekker partytjie hou. Ek is opgewonde oor ons NUWE Ambassadeurs. Mooi bly tot volgende maand.

Chanel



ADVERTISE YOUR BUSINESS

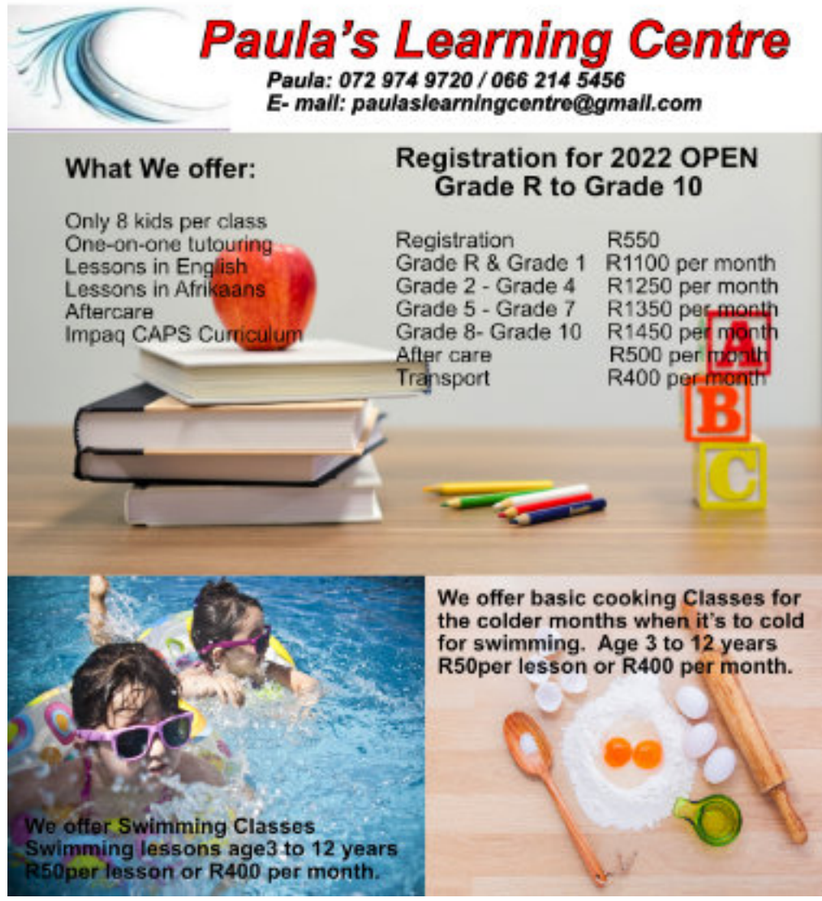
AFFORDABLE ADVERTISING COST

CALL: 072 768 8582
TO ADVERTISE HERE









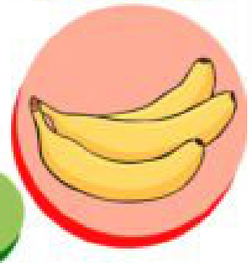
Let's have fun....

Woordsoeke

Pomelo



Piesang

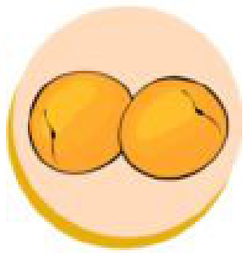


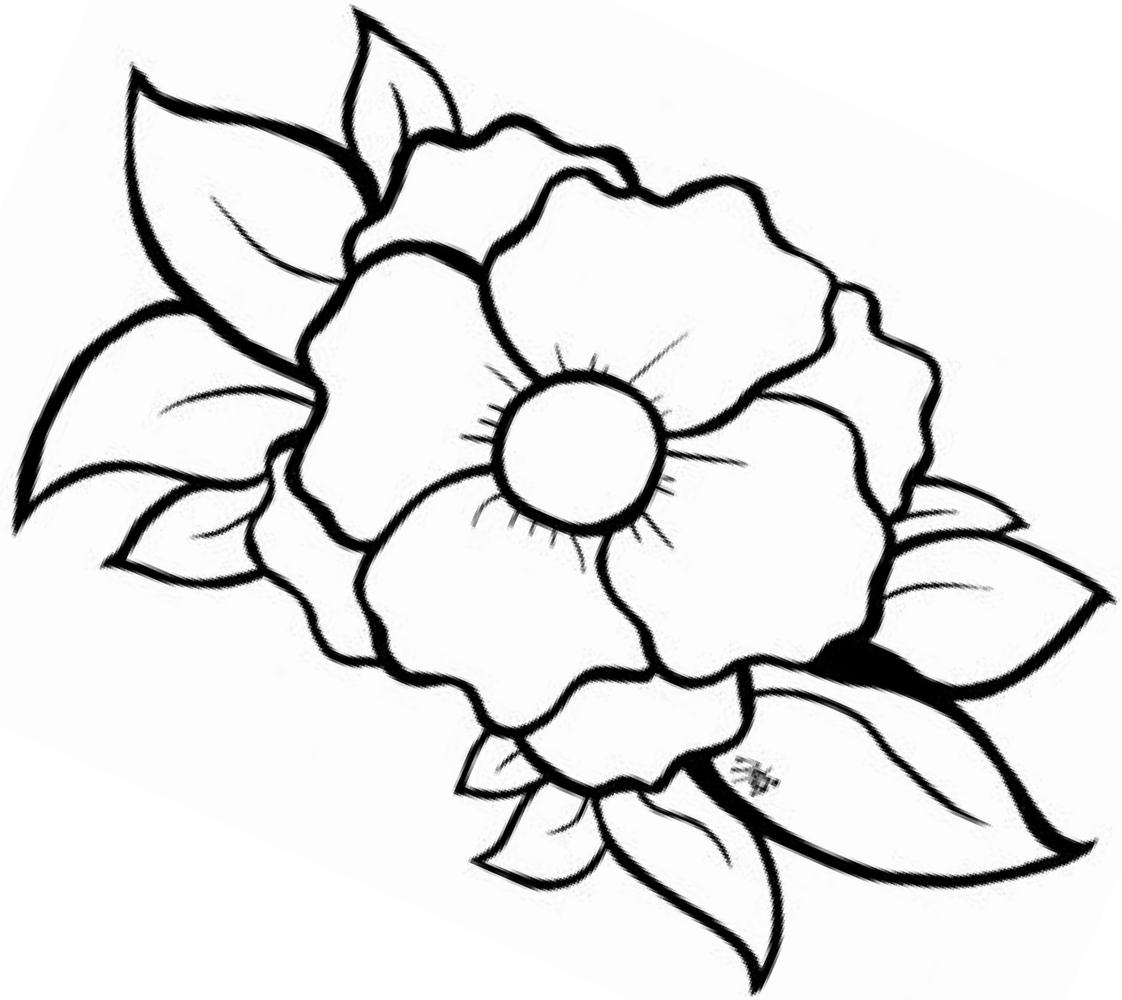
g	f	c	m	s	t	p	x	z	o
r	e	f	b	a	n	a	n	a	z
a	h	k	n	d	p	w	b	e	i
p	t	g	l	q	g	y	u	g	k
e	c	r	w	a	h	l	j	r	m
f	y	a	f	s	v	x	n	o	s
r	k	p	h	j	p	e	a	c	h
u	a	e	u	v	w	n	i	o	u
i	e	s	g	d	k	j	m	q	v
t	h	j	e	l	p	q	t	s	r

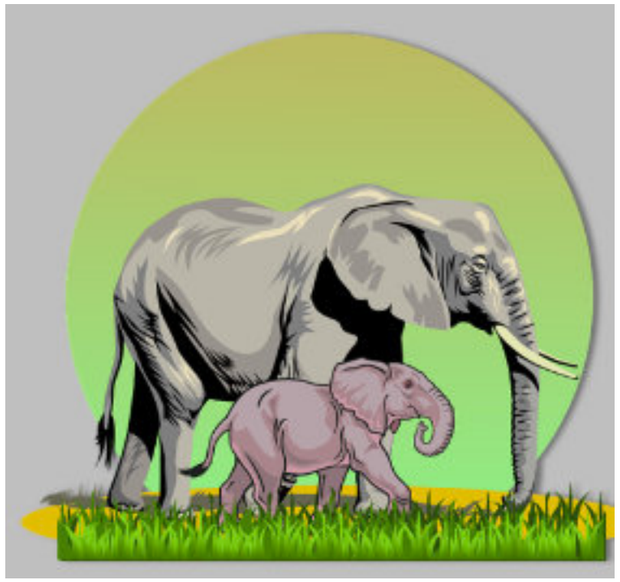
Druiwe



Perske





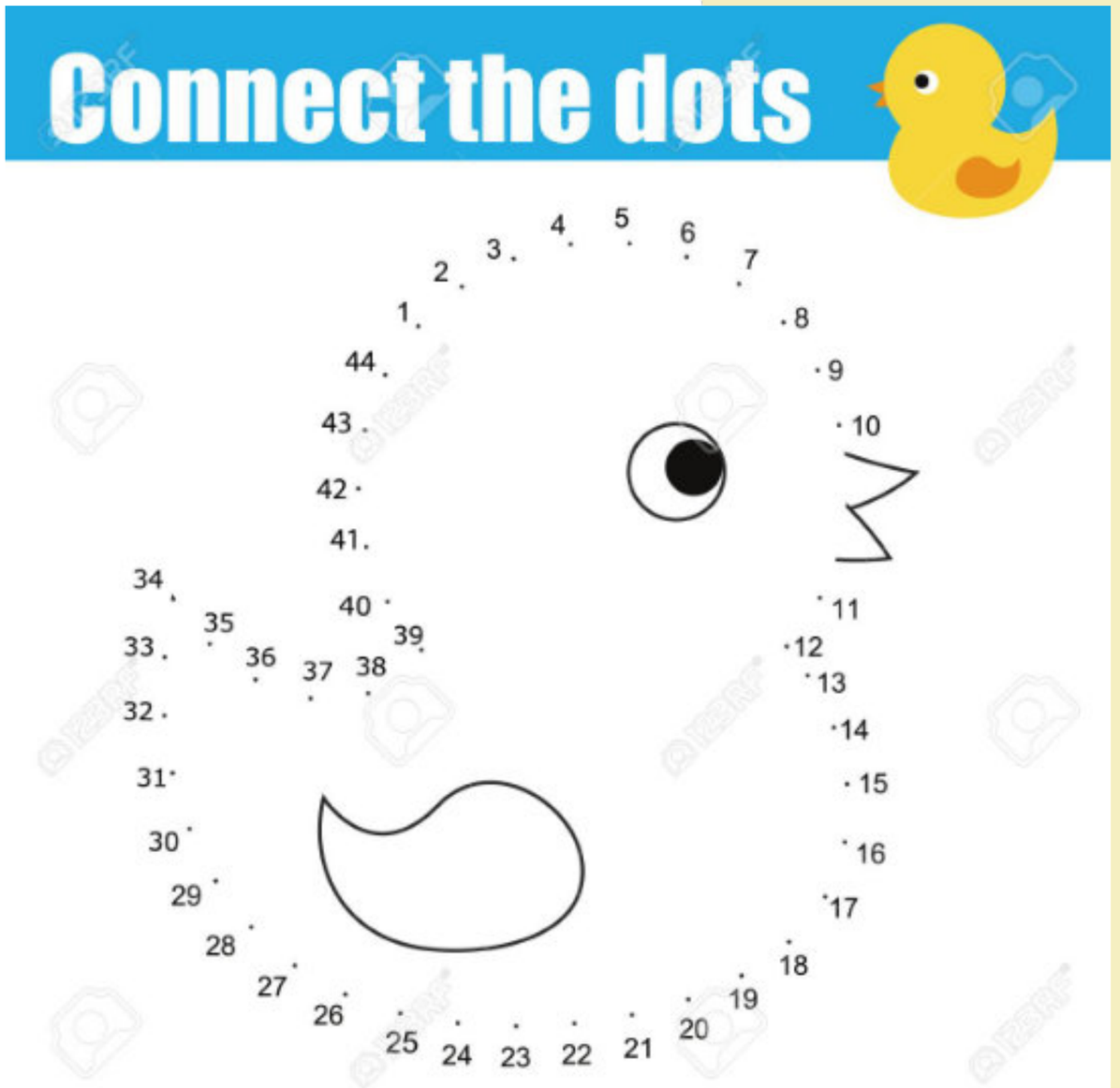


Feite:

1. Wyfie lei die trop
2. Die wyfies pas mekaar se kleintjies op
3. Olifante stap in 'n ry
4. Olifante het gevoelens



Connect the dots



Let's have fun....

How do I prepare for my infants first time at church?



What guidance does the Bible provide?
Scripture instructs parents to teach their children about their Christian faith, and to worship corporately as a family of believers. In Acts 2:42, the early church set the example for us in worship: "they devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."Paul encourages us in the book of Colossians to "let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts." (Col. 3:16)

Things to think about:
Leaving your child for the first time in the care of someone else can be a daunting task. You have lots of questions: Will he be safe? What if he cries? Will they care for him like I would?

Here are some easy steps to help you prepare for leaving your child in the nursery the first time:
1. Take a tour. It's always helpful to have an idea of where you will leave your child, so arrange to visit the nursery area and meet the team of caregivers that will care for your baby. Ask your Children's Director whether all team members have been background checked, etc. Knowing that, they have received a full screening and training may help ease your fears. Please feel free to ask questions about policies and any concerns you have.

2. Pack a bag. Plan to bring a diaper bag with the following items for your child:

Two or three diapers, with your child's name written on the diaper
A complete change of clothes
Bottle of milk, formula, juice or water (this is a good practice even for mothers who nurse)

Please label all personal items (including pacifiers and sippy cups) with your child's first and last name before arriving.
3. Pray for your child, his caregivers, and yourself.

Child- safety and contentment
Caregivers- patience and a loving spirit
Yourself- peace and focus in worship. God is preparing each of you in particular ways for your child's time in the nursery. Your child will be prayed over each session.
What do I do now?
On your first morning, stop by the Children's Check-in stations and register your child with a Check-in Greeter. They will ask for specific information about your child, including any allergies your child may have. Leave a cell phone number that you are carrying, so that you can receive a text if you need to check on your child during the service for any reason. Keep your phone visible in case your child should need you.All churches have their own particular form of nametags and security. You may receive a nametag for your child to wear, for the diaper bag, and some sort of tag with matching security numbers to present when picking up your child. Ask if a child will be released to a parent without presentation of the tag.A greeter will show you to your child's classroom. A team member from the infant room will meet you at the door to receive your child, diaper bag, and any other items. You will be asked to fill out a Care Card with helpful information such as feeding times, sleeping times, allergies, and any other information that will help your child have a successful morning in the nursery.After completing the check-in process, a quick wave goodbye and you're off to worship. It is normal for a child to cry when a parent leaves; this does not last long, and separation becomes easier over time. A member of the children's team will hold or rock your child until they are calm, giving assurance that you will return. If your child does not calm within a reasonable time, you will receive a text to check on him. Picking up your child promptly after service helps prevent any anxiety your child may be feeling.Snacks may be provided for toddlers. Snack items usually consist of Cheerios, Goldfish, or some small crackers that are easy for a child to eat and have few known allergens. Children in the infant room will usually be fed only items brought by the parent. Be sure to check with the workers in your child's room about snacks and alert them to any allergies or food restrictions your child has. Many churches have a special room for nursing moms. Along with privacy, this room will be a quiet place to view or listen to the service while feeding and/or rocking your infant in a comfortable setting. Ask the Greeter or Children's Ministry Director if there is a room like this in the church you visit.

Beskerm jou kind teen die son



Die regte bestanddele kan jou kind beskerm teen die son se skadelike strale

Om effektiewe sonbeskerming te kry, moet kinders 'n sonskerm of sonblok gebruik met die regte sonbeskermingsfaktor (SPF) wat UVA-strale en UVB-strale blokkeer.

Dit sou behoorlik beteken dat 'n breë spektrum sonskerm met 'n minimum SPF 15 of SPF 30 gebruik word.

Sonskermbestanddele vir beskerming teen beide UVA en UVB
Sonskermbestanddele van breëspektrum sonskerms wat beskerming bied teen UVA-strale en UVB-strale, sluit gewoonlik een of meer van hierdie bestanddele in:

Benzofenone (Oksibenzoon, Di-oxybenzone, Sulisobenzone)
Menthyl antranilaat, ook bekend as Meradimate
Mexoryl SX, ook bekend as Ecamsule
Titaandioksied
Sinkoksied
Ander sonbeskermingsbestanddele bied slegs beskerming teen UVA-strale of UVB-strale, en daarom bevat baie van die beste sonskerms verskeie bestanddele. Sodoende kan hulle werklik breë spektrumbeskerming bied

spektrumbeskerming bied.

Ekstra sonbeskerming
Ander elemente van 'n goeie sonbeskermingsplan, bykomend tot tradisionele sonskermkruie, lotions en bespuitings, moet insluit dat jy van mening is dat jy jou kinders het:

Dra 'n hoed of pet, met 'n wyfie wat die beste beskerming bied
Dien 'n lipbalsem toe wat 'n sonskerm insluit met 'n SPF 15 of hoër

Dra 'n ware sonbril wat 100 persent van UVA- en UVB-strale blokkeer
Dra kleredrag van stewige weefsel of sonbeskermende klere met 'n Ultraviolet Protection Factor (UPF) van 15 (goeie sonbeskerming) tot 50+ (uitstekende sonbeskerming)
Vermy medikasie, indien moontlik, wat hulle meer sensitief kan maak om sonbrand te kry
Kry alternatiewe, veiliger vorme van vitamien D as onbeskermde blootstelling aan die UV se UV-strale, insluitende vitamiene, melk en ander vitamien D-versterkte voedsel.



Prepare your child for Kindergarten



On my son's first day of Kindergarten, I hid behind a pine tree to spy on him during the first recess. I wanted to make sure he found other children to play with and that he would line up with his class when it was time to go back inside. I stood there for 20 minutes peeking out from behind the tree and chatting with other parents who were doing the same thing.

As I stood there, I asked myself, 'Had I done enough to prepare my son for Kindergarten?' The other parents with me were wondering and worrying about the same thing. Kindergarten-readiness is a popular topic these days, but what does it mean when someone says your child is "ready for Kindergarten"?

"What readiness means varies incredibly from community to community, school to school, teacher to teacher, parent to parent, nation to nation," says Beth Graue, Ph.D., a Professor of Early Childhood Education.

Although the definition of Kindergarten-readiness can vary depending on the context, here are five simple ways to help prepare your child for Kindergarten:

1. Invite your child into conversation with you. Talk with your child early and often. For example, chat with your baby while you are changing their diaper, pushing them in the stroller or riding in the car. Your child's response may be verbal or non-verbal, but the most important thing is to talk to your child and listen closely for their response. Do not ask and answer a question for your child or forget to listen to your child's answer.

"You have to be a really sensitive listener to your child," says Graue.

2. Give your child time to play. All children need free time to simply play. Giving your child time to play is not wasted time. It's just the opposite as playing provides children with many developmental benefits. Physical play helps children develop their motor skills, and very young children often do practice play by repeating the same movements over and over again in order to master them, according to Jill Steinberg, Ph.D., a Faculty Associate in Human Development and Family Studies.

Group play helps children learn social skills, including how to resolve conflicts through negotiation and compromise, how to be persuasive and how to express their desires, says Steinberg. Much of the benefit of social play comes when children learn to work out their own conflicts, with as little assistance from adults as possible. Graue recommends choosing a preschool that gives children ample time to play.

3. Provide experiences away from you. Enroll your child in preschool or another activity, such as a religious education class, swimming lessons or storytime at your local library. Five-year-old Jada started Kindergarten this year, and her mom, Michelle, credits her easy transition to her preschool experience and the fact that Jada was comfortable taking directions from and listening to other adults.

"I would provide several situations where your child is taking instructions from someone other than you as a parent for two reasons: The child will know who to listen to and how to take instructions from someone other than yourself, and they will feel comfortable with you not being there for a good duration of time," says Michelle.

4. Encourage independence and self-care. In Kindergarten, teachers will often give multi-part directions that require children to complete a number of tasks. Encouraging your child to be independent and learn how to care for themselves and manage their own things helps them master the ability to handle multiple tasks at school too. As a mother of three, Leane was especially nervous when her oldest daughter, Franny, started Kindergarten.

My kind jok vreeslik!

Kinders kan met die mees fantastiese stories vorendag kom. Alles klaarblyklik uit die duim gesuig. En soms doen dit skade. LiG het aan kenners gevra: Hoekom jok kinders? En wanneer moet hulle daarmee begin ophou?

As jou kind gedurig leuens vertel, laat dit jou dikwels moedeloos én magteloos voel. Wat kan jy daaraan doen?

"Dit is belangrik om te onthou dat voorskoolse kinders dit moeilik vind om tussen fantasie en die werklikheid te onderskei," sê Sanet Schoeman, 'n opvoedkundige sielkundige van Durbanville. "Gevolglik is hulle maklik tot wensdenkery geneig, en om situasies te vergroot. Dit is dus heeltemal normaal as jou jong kind jou by die huis inwag...met 'n vergesogte storie.

"Soos wat kinders ouer word, ontwikkel hulle die vermoë om tussen waarheid en leuen te onderskei," sê Sanet. "Maar," voeg sy by, "hulle het dan nog nie noodwendig die vaardighede ontwikkel om moeilike situasies op 'n beter manier te hanteer as om oneerlik daaroor te wees nie."

Hoekom jok kinders? - 'n ouderdomsgids

Die eerste teenvraag op die vraag waarom kinders jok, is eenvoudig: Hoe oud is die kind?

"Morele ontwikkeling en 'n begrip van oneerlikheid hang met mekaar saam," sê Wietske Boon, 'n spelterapeut in Centurion. "Kinders besef ook nie altyd die impak of skade wat hulle leuens tot gevolg kan hê nie," sê sy.

Volgens haar ontwikkel hierdie begrip by 'n kind min of meer só:

0 tot 3 jaar: Die kind ken nie die verskil tussen waarheid en leuen nie. Hy is ondersoekend en leer nog deur waar te neem en te toets.

- 3 tot 5 jaar: Fantasiespel is hier belangrik. Hierdie kinders het soms denkbeeldige maats. Wanneer hulle stories versin, is dit meestal onskuldig. Hulle leer ook nog hoe om situasies te hanteer.

- 5 tot 9 jaar: Skoolgaande kinders behoort reeds tussen fantasie en leuens te kan onderskei. Dit is in hierdie tyd wat denkbeeldige maats verdwyn en kinders begin besef dat Kersvader en die tandmuis nie werklik bestaan nie. Hulle vertel leuens om uit die moeilikheid te kom of om iets te vermy waarvan hulle nie hou nie. Leuens oor tande borsel, huistakies of huiswerk is dus algemeen. Soms is hulle eerste reaksie om te jok wanneer hulle onkant gevang word - en dan volg daar nóg leuens om uit die moeilikheid te probeer kom.

- Tienerstadium: Dit is normaal vir tieners om inligting van hulle ouers te weerhou. Dit is deel van die ontwikkeling van hulle onaf-hanklikheid. Hulle wil nie meer, soos in die verlede, álles met hulle ouers deel nie.

Leuens - 'n middel tot 'n doel

Kinders (en volwassenes) gebruik dikwels leuens vir selfbeskerming, en om situasies wat bo hulle vermoë is te hanteer. Hier is nóg 'n klompie moontlike motiewe:

- Om aandag te trek. Sommige kinders smag só na aandag dat hulle stories versin met die hoop dat hulle raakgesien gaan word.

- Vir aanvaarding. Sommige kinders versin stories om by 'n groep te kan inpas. Om te wys dat hy/sy beter, sterker of ryker as die maats is, met die hoop om deur hulle aanvaar te word.

- Vrees vir straf. Wanneer kinders weet dat hulle oortree het en dat hulle in die moeilikheid is, sal hulle jok om straf te probeer vermy.

- Om die grense en reaksie te toets wat die stories ontlok. Sou die stories positief aanvaar word, leer hulle dat dit 'n aanvaarbare manier is om aandag te kry.

- Angstigheid in sosiale situasies. Sommige kinders reageer impulsief wanneer hulle angstig is en wanneer hulle hulle nie in bepaalde situasie kan handhaaf nie. Dit is dán wanneer daar gejok word.

Onthou!

Kinders kom van kleins af agter wanneer hulle ouers nie die waarheid praat nie, inligting weerhou of aan hulle 'n verdraaide weergawe opdis. Dit is nie net 'n slegte voorbeeld nie, maar het ook 'n impak op die vertroue wat die kind in die ouer het.

Nee, die kinders hóéf nie alles te weet nie, maar sou daar iets opduik wat hulle regstreeks raak, behoort dit op 'n ouderdomsgepaste wyse aan hulle oorgedra te word.

Hoe om eerlikheid te leer

Om 'n kind te dwing om oor sy/haar wandade of leuens te bieg, is selde doeltreffend. Mense wat in 'n hoek gedryf word, gaan hulself probeer beskerm.

Maak jou kind eerder op 'n kalm wyse bewus daarvan dat jy die waarheid weet. Gee hom of haar kans om die leuen reg te stel.

Sanet sê: "Dit is ook baie belangrik om uit te vind waarom die kind gekies het om te jok. Dit kan 'n aanduiding wees van bepaalde stressors in die kind se lewe. Indien daar wel onderliggende probleme is, behoort dit dadelik aandag te kry."

Gesels openlik oor oneerlikheid - wanneer jou kind skuldig is, of wanneer julle opgelet het dat iemand anders só optree. Praat met mekaar oor die gevolge wat 'n leuen kan inhou - byvoorbeeld dat iemand se gevoelens seergemaak word, of dat ander mense jou nie meer gaan vertrou nie. Vertel hulle hoe een leuen dikwels 'n stortvloed van leuens tot gevolg het. En hoe leuens om sosiaal aanvaar te word, meestal 'n kringloop versinnig en verwerping tot gevolg het.

As jok 'n knaende gewoonte word, moet dit op 'n besliste manier aangespreek word. Daar kan byvoorbeeld voorregte weggeneem of sakgeld verminder word. Daar kan selfs 'n klein beloning wees wanneer daar nie (meer) oor iets soos huiswerk gejok word nie.

Moenie die kind persoonlik aanval en hom/haar as "leuenaar" etiketteer nie. Leer hulle bloot dat daar negatiewe gevolge sal wees as hulle sou voortgaan om te jok.

Die ouers se voorbeeldbly steeds die beste manier om kinders te leer om eerlik te wees. As die ouer oor die kinders se ouderdom jok ten einde goedkoper ingangsfooie te betaal, of vir die verkeerskonstabel oor waarom jy die spoedgrens oortree het, dra dit 'n duidelike boodskap aan die kinders oor.

Positief en proaktief!

Moedig jou kinders aan om die waarheid te praat en prys hulle wanneer hulle dit regkry om eerlik te wees. Psalm 34:13-14 is gepaste Skrifgedeelte om te memoriseer: "As iemand die lewe liefhet en 'n lang lewe begeer om die goeie te geniet, moet hy sy tong weerhou van kwaadpraat en sy lippe van leuens."

Lees gerus!

Stories bied 'n prettige manier om jou kind goeie waardes te leer. Die verhale in Vertel vir my 'n storie deur Wendy Maartens bevat belangrike lewenswyshede, en gee ook praktiese wenke oor hoe kinders die waardes in die alledaagse lewe kan toepas.

Wit leuentjies en die tandmuis

Om ander mense se gevoelens te spaar, word daar soms 'n "witleuentjie' vertel. Sanet sê: Leer jou kind om eerder op die positiewe klem te lê. "As 'n maatjie byvoorbeeld vra of sy prent mooi lyk, kan jy reageer met iets soos: 'Ek hou van die kleure wat jy gebruik het.' Eerder as om te sê dat dit is 'n lelike prent is. Of om 'n witleuentjie te vertel en te sê die prent is vir jou báie mooi..."

Wat tradisionele fantasiekarakters betref (soos die tandmuis, Kersvader en Klaas Vakie) sê Wietske: "Daar is 'n verskil tussen fantasie en leuens. Klaas Vakie en die tandmuis is deel van 'n kind se gesonde fantasiewêreld en dit verskaf die kind heelwat plesier. Dit doen niemand skade nie, inteendeel.

BRON: RENE BARDENHORST
KINDER TERAPEUT.

MAGAZINE



The look

NEXT ISSUE - NOVEMBER

TO DOWNLOAD GO TO
www.topvibe.co.za