Top Vibe Online KIDS Magazine

Issue 2



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Hallo jongspan glo julle het die eerste uitgawe van ***Top Vibe Kids Magazine*** gesien!
Hartlike welkom aan Tannie ***Stella*** ons Sub-Redakteur glo julle gaan haar net so geniet.

Soos belowe het die pret begin!!! Mamma's ons wil vir jou kleinding gelukkig hou en dit is wat ons gaan doen.

Hierdie tydskrif sal elke eerste van die maand aanlyn wees! Jippie onthou vir Mamma of Pappa om die tydskrif GRATIS van ons web-tuiste af te laai by www.topvibe.co.za

Ons het inkleur prentjies wat jy kan inkleur.
Ons eerste kompetisie wenner is
onthou dit kan jy wees.

Mammas en Pappas vat julle kleingoed na ***Saffron Indian Resturant by winkel 1, Colosseeum Centre,Chopin & Delius Straat***, ***SW 5, Vanderbijlpark*** waar hulle gratis kan eet, ja jy het reg gelees jou kinders kan GRATIS eet.
Geldig vanaf 1 - 30 September 2018.
Slegs vir kinders onder die ouderdom van 10 jaar oud. Termes en voorwaardes voor behou.
Noem tog vir hulle dat julle die kids magazine lees!
Geniet die tydskrif tot volgende maand.

Charms x0x

Top Vibe
Online KIDS Magazine

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I'm Stella Jansen. I am a counsellor that use play therapy with children.
I have my own practice in Vanderbijlpark

I'm also the Sub- Editor for this magazine. In Issue 3, I will tell you about shyness and what can educators do to facilitate the development of a shy child's social skills.

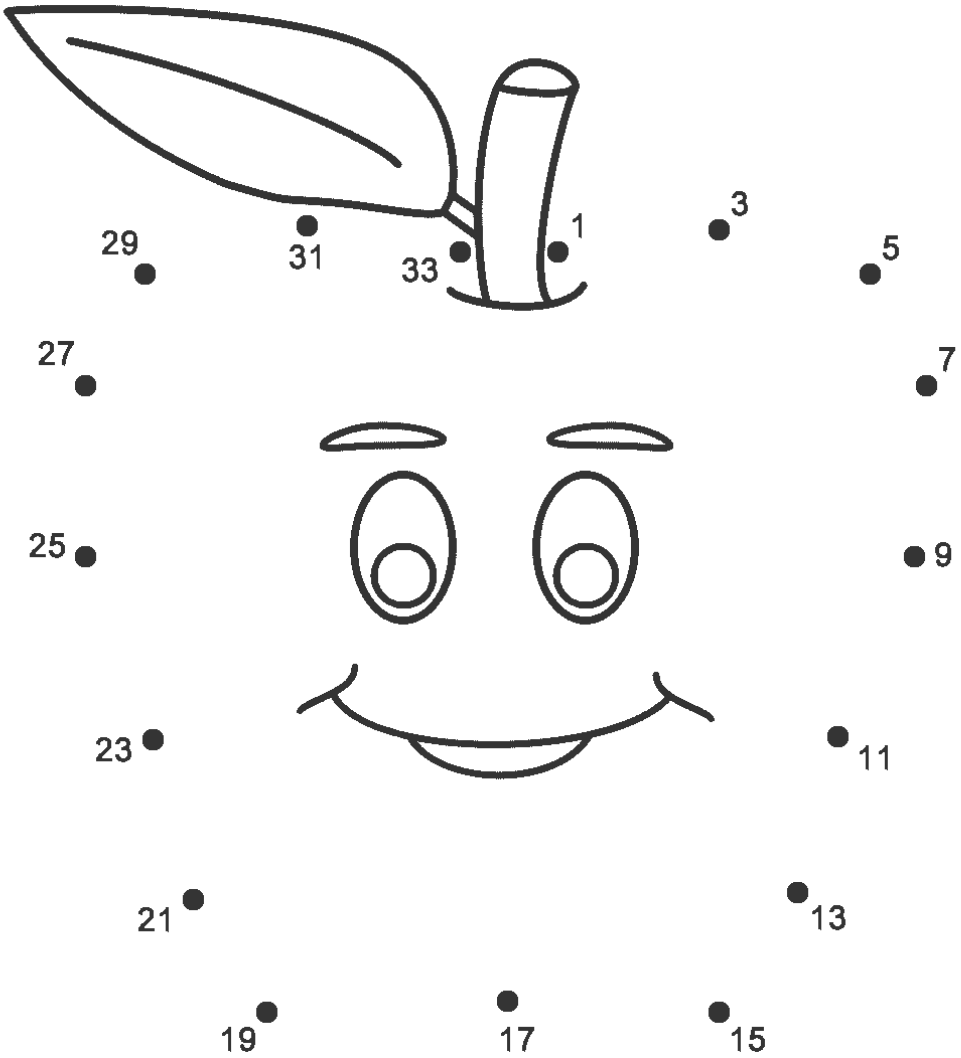
Should you be interested, in my service or to advertise in this magazine please call or WhatsApp me on 060 771 9407 or e mail me

Looking forward to the next Issue
We are going to have loads of fun!

Take care

Stella

Jion the dot’s then colour in!



The first 2 years
What to Expect

The first two years of Baby's life are filled with many exciting changes and challenges. We speak to the experts about what to expect.

6 WEEKS - 3 MONTHS

Baby will smile and respond to sounds by turning the baby's dead in the direction of the sound.
Your baby should also be able to prop himself up on her forearms and keep his head up at feeding time.

3 - 6 MONTHS

You'll notice teething symptoms such as drooling and having his hands in his mouth due to irritable gums.
Baby can also hold toys or items light in weight.
He will start to reach for objects close by as well as turn from his back to his stomach.



6 - 9 MONTHS

*Your little one should **start sitting properly on his own** from 6 months. But some babies start later. Teeth also start showing. Some babies, may start **crawling and standing** with support, but this mostly happens closer to or just over 9 months.*
*They can start **repeating words.***

9 - 12 MONTHS

Babies start crawling and standing up with support closer to or just over 9 months old. Some earlier. You'll also notice that he say certain words confidently accompanied by action, such as saying "buy" while waving. He may start taking a few steps.

Baby milestones -what to look out for.

To keep an eye on the following but to remember that these are guidelines. Each child develops differently, so should your little one not do everything on schedule, there is NO need to worry. But listen to you intuition if yo feel something is wrong then take your child to the clinic.

12 - 18 MONTHS

Your baby says about 10 to 20 words (sometimes more) words.
They are not properly pronounced but you'll be able to figure out what he means. He is also now able to follow instructions (or rather, choose which ones he prefers following)
Baby can convey messages to parents though actions such as pointing at things or trough words.

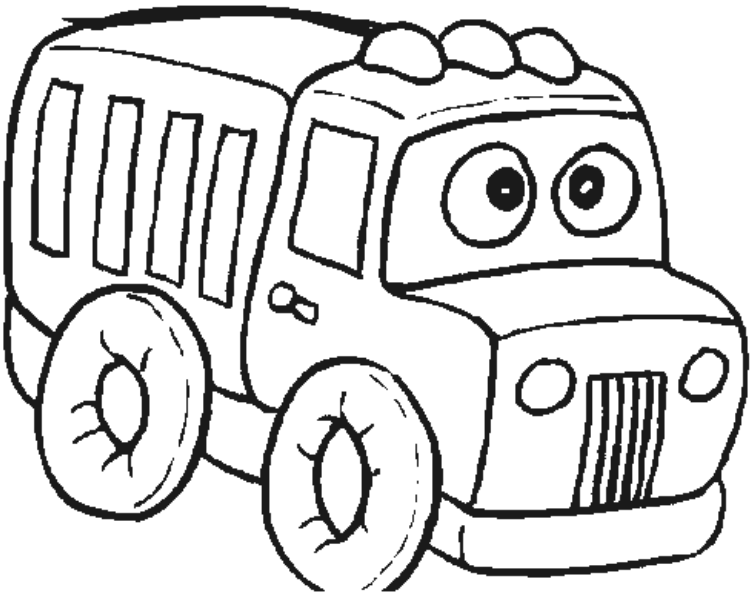
He is active! He walks, runs and even dances. Baby imitates and can build a tower of three to four blocks.

18 - 24 MONTHS

Your baby can build simple puzzles and communicate two or three-worded messages.
It's advisable to start talking to you little one as early as from birth.
This helps immensely with speech and vocabulary development.

give me colour / kleur my in





Mom look at this!





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Introducing solids- to your baby

You can start with solids NO later than six months and NO earlier than four months.
Introducing solids too early may increase the risk of infections, such as diarrhoea.



Your milk or baby formula is sufficient for baby's up to six months but there after your child 's nutritional needs starts to increase and breast milk or formula no longer meets Baby's needs for nutrients such as iron and protein.

We share some tips for starting baby on solids

1. Introduce foods one at a time.

Allow for a few days between each new food so that you can see if there is any negative reaction.

2. Don't add cereal to milk to bulk it up.

Complementary food teaches's Baby to chew and swallow different textures. Adding cereal to formula will just result in her swallowing it and not learning to chew.

3. Try and try again

It's to be expected that Baby may not like what you feed him as eating and chewing is a new experience. Your Baby will need time to get used to the different tastes and texture. If he refuses, offer it again after a few days and mix with an accepted food, gradually adding more of the new food.

4. Give veggies before fruit

Make sure Baby eats vegetables daily as part of a varied diet. Fruit can be given once Baby is used to vegetables.
Start with cooked pureed fruit, then move on to soft fruit cut inti bite-sized pieces as you baby grows.
Fruit juice and sweetened should be avoided.

5. Add some meat.

Add some meat after six months of age the iron in breast milk is no longer sufficient for your baby's need. Meat and other animal foods are important because they're a great source of iron.
Make sure the meat is well-cooked and minced, through, so it's easy to swallow. Start with 1-2 teaspoons mixed into the meal and gradually increase to the size of your baby's palm as he gets older.

Rhymes. Rympies.

Humpty Dumpty



Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall, All the King's horses, And all the King's men, Couldn't put Humpty Together again.

Dapper Muis



Ek is 'n dapper muis
kyk hoe stap ek deur
die huis en daar is niks
waarvoor ek skrik nie!
Vir niemand is ek bang
daar is niks wat my kan vang
nee, daar's niks waarvoor ek
skrik nie!

Little Miss Muffet



Little Miss Muffet sat on a tuffet, eating her curd and whey;
When along came a spider, and sat down beside her!
and frightened Miss Muffet away.

Handjies Klap

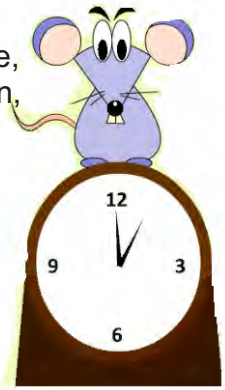


Handjies klap,
koekies bak,
bring die meel,
nie te veel.
Klits die eiers gou -gou
lekker eet ons netnou.

Hickety, Dickety, Dock

The mouse ran up the clock.
The clock struck one,
Down the mouse ran,
Hickety, dickety, dock.





Apie op 'n stokkie



Daar is 'n Apie op 'n stokkie voor my ma se agter deur daar is 'n gatjie in sy broekie en sy stertjie loer daar deur!

I am starving kids, help me find some fishes





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Baie geluk!!

Baie dankie aan elkeen van julle wat deel geneem het aan ons eerste inkleur kompetisie. Ons het 86 inkleur prentjies ontvang. Glo my dit was nie 'n maklike keuse om ons 'n wenner te kies nie.

Baie geluk Angelique vd Walt, jy is die gelukkige wenner! Geniet jou geskenk pak en lekker inkleur.

Mamma help asseblief en plaas 'n foto van Angelique met haar geskenkpak op ons Facebook blad - charmaine britz

Inkleur kompetisie nr 2 is reeds op ons Facebook blad asook op ons webblad.

Facebook - charmaine britz
Webblad - www.topvibe.co.za

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



Angelique vd Walt 4 jaar oud



