Top Vibe Online

KIDS Magazine

September Issue 26
2020



Flowers in your hair Page 9

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Funny Face page 11/12

Top Vibe Kids Magazine
Charmaine Britz



Editor's Note - Charmaine

Time flies when you have fun.
I had a blast with our Funny Face section that we had on our Facebook page.
I'm sure our readers are going to enjoy this just as much as I did. Funny Face photos on page 11 and 12.

The flowers in your hair section is just so beautiful, it perfect for our summer Issue. See page 9.
The children is just so beautiful.
Keep on following us on Facebook, there is a lot more 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

We have a lot more fun to come.
Leave your hat on. Post those photos on our comment section on Facebook. You and your pet, will also be part of the October Issue.

Thank you for taking part of this great moments.

Take care till next time.



Top Vibe
Online KIDS Magazine

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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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give me colour / kleur my in



Mom look here?















Top Vibe

Online KIDS Magazine



Leave your hat on ....

Drop ONLY ONE photo with your HAT on
with your name and age in our comment section
to be featured in the September magazine.

Open: 7 Sep - Close: 11 Sep

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Healthy Food for Kids

SUPER SNACKS FOR KIDS:

Snacks are a big part of a child's day. From a quick snack on the way to school to a one-bite lunch when they get home, they're that easy-to-eat treat designed to keep your little ones going throughout the day.

Take our quick Snack Quiz to learn a little bit more about good snacks.

WHAT IS THE MOST IMPORTANT PART OF A GOOD SNACK?

It's high in sugar
It's delicious and nutritious
It's low in fat

SHOULD YOUR CHILD EAT THE SAME SNACK EVERY DAY?

It's healthy to mix it up.
Yes. They like it.

ARE NUTS A GOOD, HEALTHY OPTION FOR KIDS?

Yes, they are full of nutrients.
No, they are not.
That depends on the nut.

SHOULD YOU SERVE YOUR CHILD MILK WITH THEIR SNACK?
No, milk has no nutrients.
I don't know.
Yes, it's packed with nutrients.

WHAT SNACK DO YOU THINK YOU SHOULD MAKE FOR YOUR CHILD?

Sandwich with Rama + Milk
Sandwich + Chocolate
Biscuits + MilkshakeServe your kids a good snack every day to help them feel good every day.

THE HEALTHY WAY TO SNACK

Are your children lacking energy and looking for a boost with sugary snacks? Healthy foods such as wholegrain cereal, fresh fruit, unsalted popcorn, nuts, chopped vegetables, and trail mix are healthier options that will keep their energy levels up.

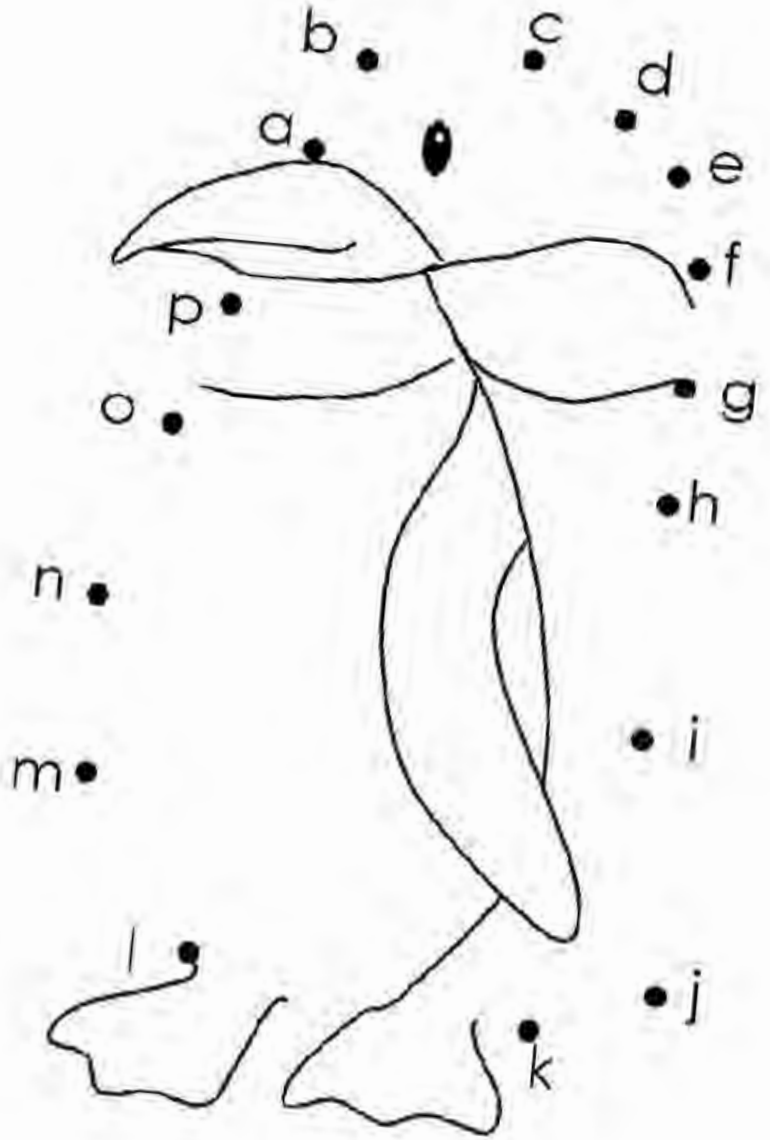


HEALTHY DRINKS:

Should always be water
Fruit juice



Join the dots.....



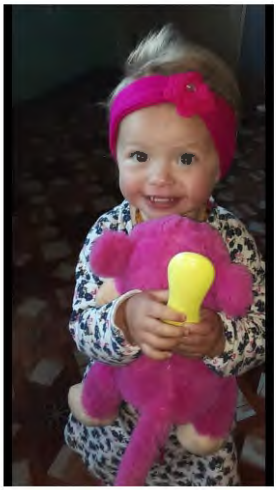
Flowers in your hair

Just have a look at the beautiful young girls with flowers in their hair.

It's summer enjoy the sunshine!



Larizta Booyens (7)
Photo credit:
Michal Calla Viljoen Belle
Lumière Photography & Design



Zoey Williemse (2)



Mia- ney Putter (6)
Photo credit: Tracy Garzulli



Dune Booysen (5)
@ belle lumierè
Photography & Design



Tamike Reyneke (6)



Kaylie van Heerden (6)



Maru- chè Pienaar (8)
Photo credit: Tracy Garzulli

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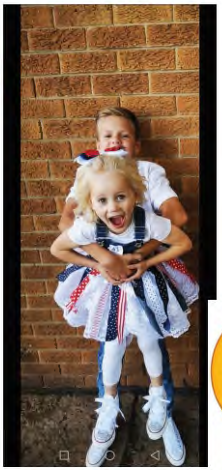
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Funny Face FUN !



Meagen Rielander



Kaylie Van Heerden

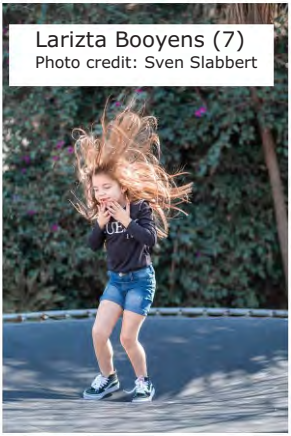


Cathy van Staden (12)
Fiela se Kind

This is fun....



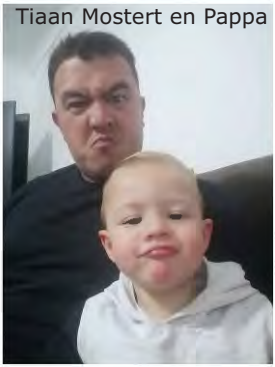
Johan Barnard, Danika en Duane Roos



Larizta Booyens (7)
Photo credit: Sven Slabbert



Brandon Lee Smuts (4)



Tiaan Mostert en Pappa

Funny Face FUN!



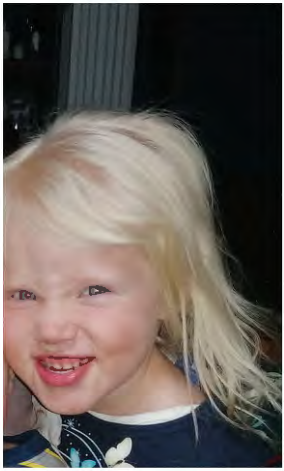
Liamae van Zyl



Lanru Scheepers



Luan Nurden



Line Nurden



Tamryn Hayword



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