Top Vibe

Kids Magazine

ONLINE

September Issue 38
2021



Bath time Is fun time

MASKS REMAIN A SIMPLE BUT POWERFUL TOOL

INDEX

CONTENT

Top Vibe
ONLINE
Kids Magazine

COMMENTS:

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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.

STRESS IN CHILDHOOD:

We don't always think that children can stress - they do.

3.

PREPARE YOUR CHILD FOR VISITS TO THE DOCTOR:

Prepare your child when you go to the doctor.

4.

ARIVAL OF A NEW BABY:

You need to make sure all the family members are ready for the arival of a new baby.



Photographer: Albertus Kriel
Venue: Turn 'n Tender - Vaal mall

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:
Annonoumouse

5. MODEL BACK PAGE 20

Back page model - Announamouse

EDITORS NOTE

September announce the winter is behind us, we welcome the hot sunny day's

In this Issue we decided to bring you some Afrikaans articles, I trust that you will enjoy it and learn something.

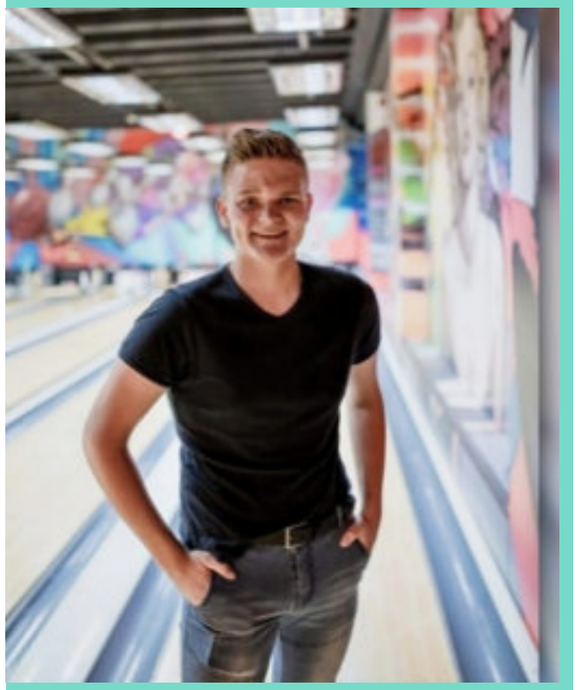
Our Ambassadors message to their mother's for Women's Day.

Follow us on Facebook and to download the magazine go to www.topvibe.co.za

Take care till next month
Love

Charms

AMBASSADORS



• DILLAN Dé PAIVA

The winter is something of the past and the summer is around the corner.

I keep myself busy with my homework and studies.
It's almost time for the holi-day's and then I want to enjoy it by knowing that I did everything I could.

Before we know it Christmas will be here and then we will start a whole new year.

Please take care till next month.

Dillan

Make time for yourself
Stress is such a bad thing for your mental health and it has been even worse since covid. We don't make time for ourselves and I think that is the most important part of your happiness. Self-love. Take yourself for a coffee, just for a break from reality. We all need some recharge time and doing something we love will 100% help.
This month focus on YOU. Stop thinking about others and set yourself first. Focus on your mental health and getting your goals in place. Your life is as good as your mindset. It's not easy being positive but always try to make the best out of bad situations.
Things you can do by yourself
- shopping
- going for a walk
- a bit of self care (spa day)
- go do your nails
- journal
- bake

Chanel



• CHANEL RAUTENBACH



• ETIENNE JOSEPH



Etienne

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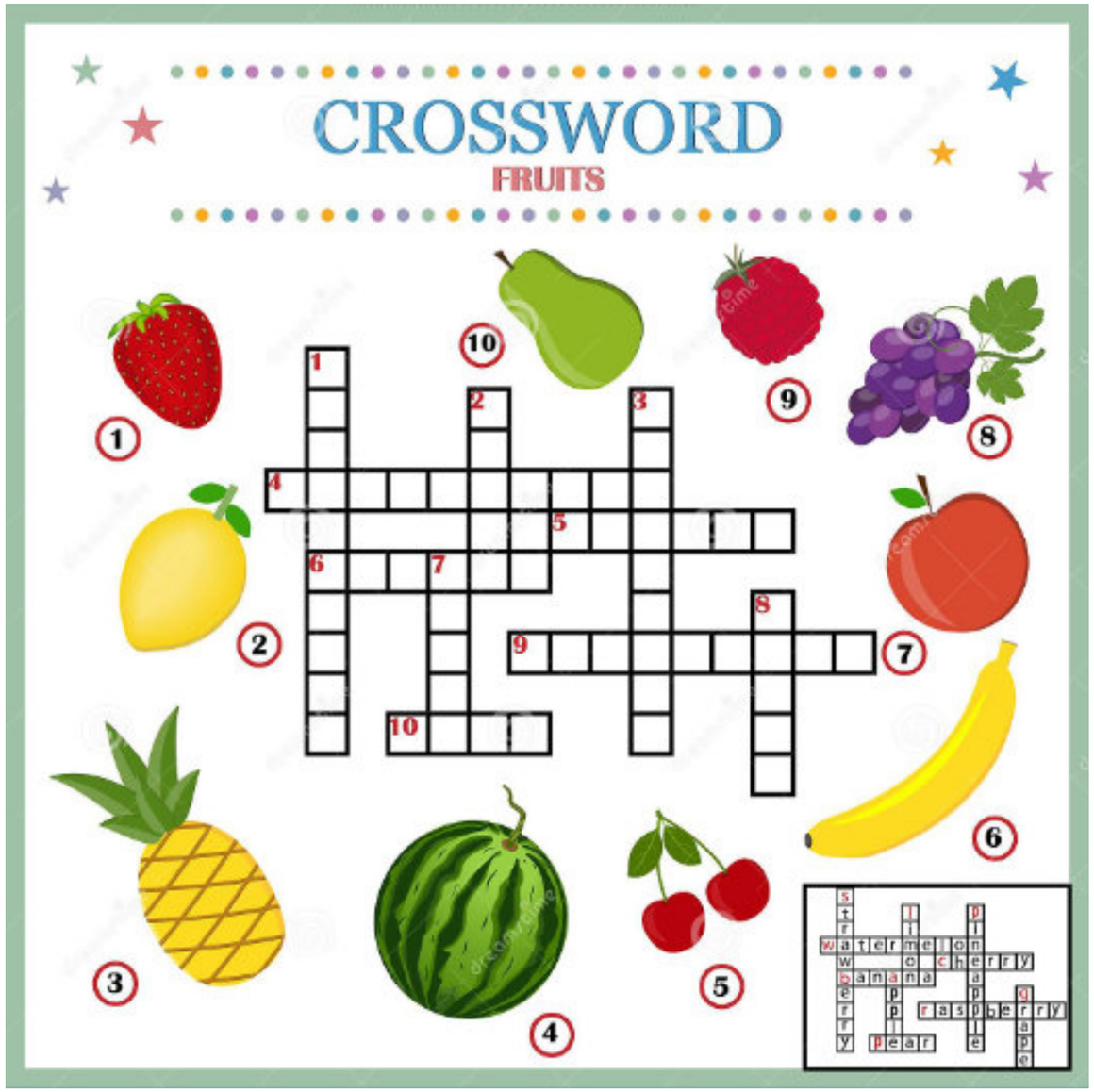


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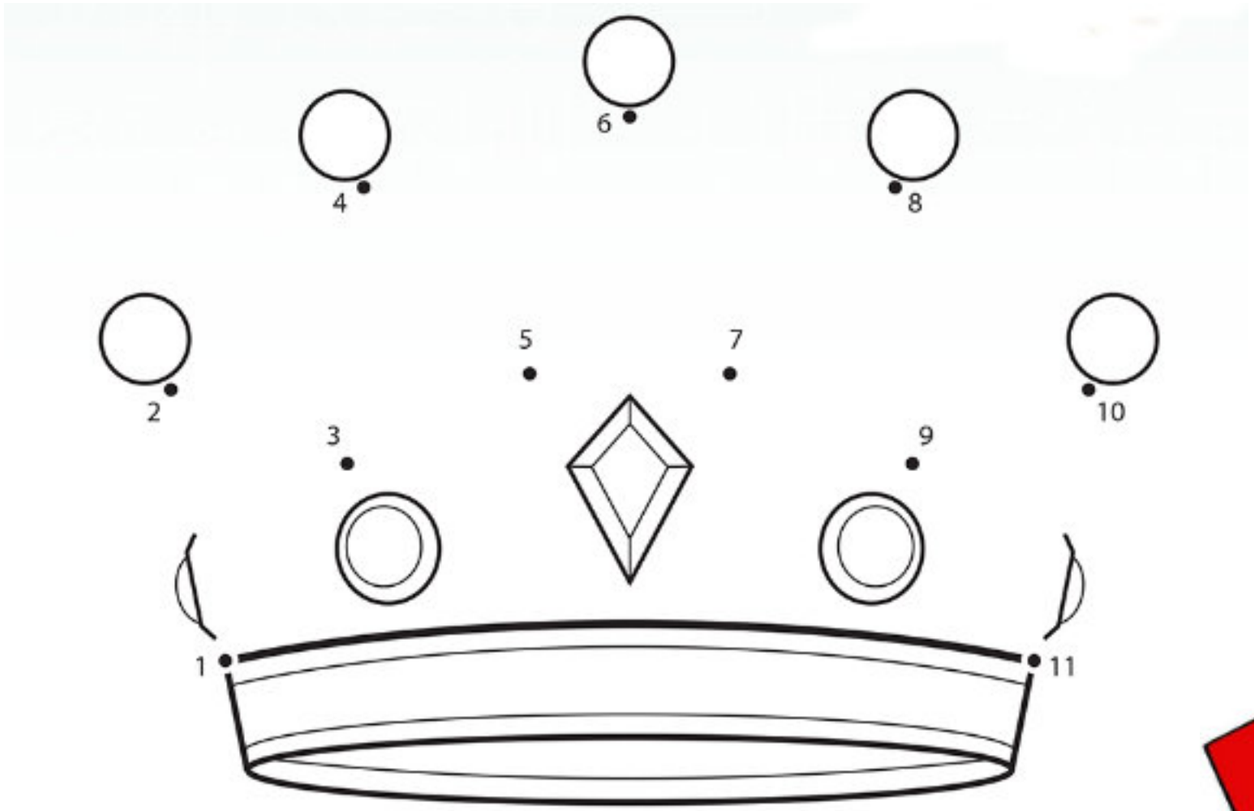
Let's have fun....



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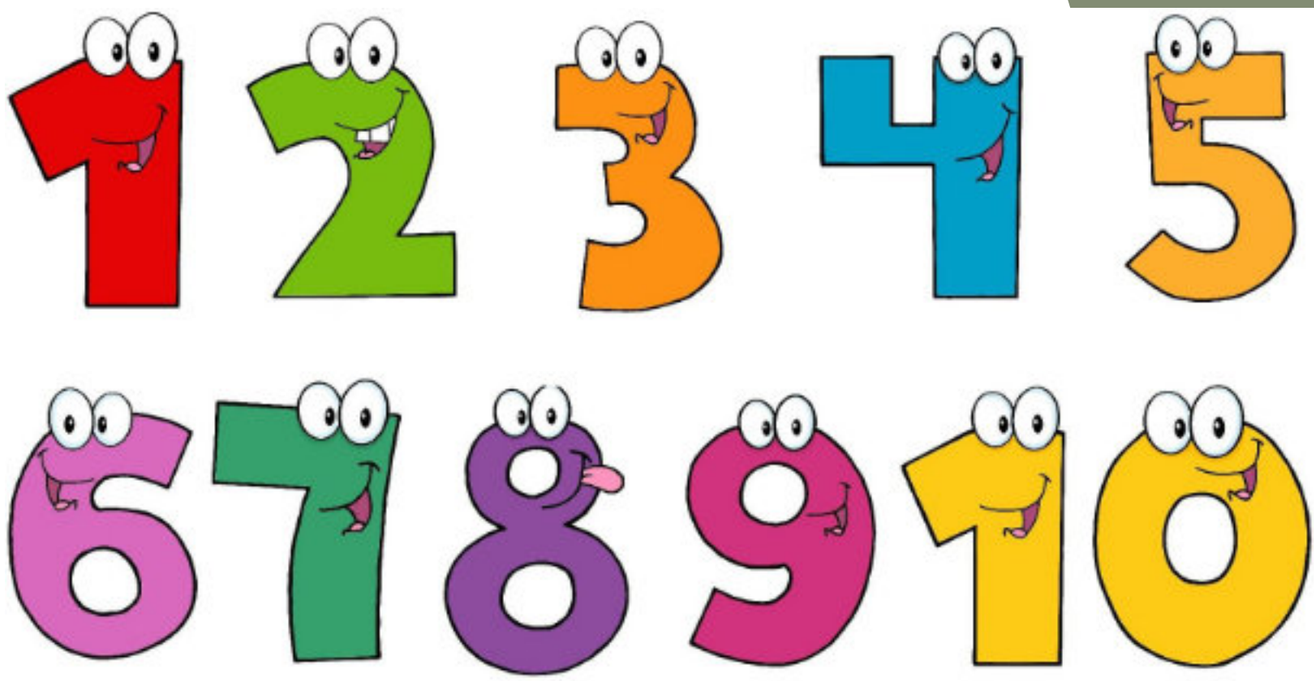




Let's have fun....

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boat	h	a	o	m	l	y
heart	e	r	a	u	i	p
snail	a	r	t	i	a	p
puppy	r	o	l	j	n	u
carrot	t	t	i	t	s	p



How to Survive Long Car Rides & Road Trip with Kids



Long car journeys can be a real bind when you have kids. The constant asking "are we there yet" or even worse "I need a wee" when you've only just started your journey can easily grate on parents. However, being confined to the space of the car with nothing to do and not being able to run around is not fun for kids.

Thankfully, with a little bit of organising, there are ways you can keep the kids entertained in the car when you're on a long car journey. Here are just some ideas that we've found works for us.

Download a few new movies onto your child's tablet and make sure it's fully charged. Watching a movie can easily keep them occupied for over an hour – just don't forget to pack some snacks too!

If your kids like to get hands-on with making things, then the Sago Mini Box could well be a welcome distraction. Each box includes friendly activities based on a set theme that they can make and play with afterwards.

Buy a set of activity/sticker books ahead of your journey. Pocket toys and blind bags are also a good idea. If you have time, you could wrap these up and hand them out every so often when on your journey to make them last a little longer.

Pack a drawing pad and pens so they can doodle. You could get them to take part in a drawing competition by drawing something you describe. The person who matches your description the best – wins! They could also play games like Hangman and Noughts and Crosses.

Get the kids involved in creating their own music playlist that you can all listen to in the car. Audiobooks are also a good idea – especially for those that tend to get car sick from reading.

Pack ALL the snacks. Fruit, crisps, popcorn, snack bars – you will need them all!

What sorts of games and activities do you have/play when you're on a long car journey?





MASKS REMAIN A SIMPLE BUT POWERFUL TOOL



Masks remain a simple but powerful tool to protect against COVID-19, especially for children too young to get the vaccine yet.

Read on for answers to some frequently asked questions about masks and children during the COVID-19 pandemic.

It is possible to have COVID-19 but not have any symptoms. That's why wearing face masks is still so important, especially for unvaccinated children. Masks reduce the chance of spreading SARS-CoV-2, the virus that causes COVID-19.

A child or adult is considered fully vaccinated two weeks after getting the final dose of COVID-19 vaccine.

Until a child is fully vaccinated against COVID-19, they should continue to wear a face mask and keep a safe physical distance indoors around people they don't live with or who may have the virus. Anyone unvaccinated should also wear face masks outdoors in large group settings or when physical distancing isn't possible.

Face masks can be safely worn by all children 2 years of age and older, including most children with special health conditions, with rare exception.

Children should not wear a mask if they are under 2 years old, however, because of suffocation risk. Also, anyone unconscious or unable to remove a face covering on their own should not wear one.

Children age 2 and older who are not yet fully vaccinated, with rare exception, should wear masks when they are at school, child care or camp, and while participating in group activities such as most indoor sports and outdoors sports that have close contact. They should also wear masks any time they are unable to stay a safe distance from others, such as the grocery store.

Everyone should also continue to wear them when traveling on a plane, bus, train, or other form of public transportation, and at the airport or station.

If you have a medically fragile child or an at-risk adult in your household, you may want to consider having anyone at home who is not fully vaccinated wear masks at home to help protect them.
It is understandable if your child seems afraid of wearing a mask at first. Here are a few ideas that might help make them more comfortable:

Look in the mirror with the face mask on and talk about it.
Put a mask on a favorite stuffed animal. Decorate them so they're more personalized and fun.
Show your child pictures of other children wearing them.
Draw one on their favorite book character.
Practice wearing the face mask at home to help your child get used to it.

For children under 3, it's best to answer their questions simply in language they understand. If they ask about why people are wearing face masks, explain that sometimes people need to wear them to stay healthy.

For children over 3, try focusing on germs. Explain that germs are special to your own body. Some germs and good and some are bad. The bad ones can make you sick. Since we can't always tell which are good or bad, the face masks help make sure you keep those germs away from your own body.

The good news is, children have gotten used to masks and are less likely to feel singled out or strange about wearing them. It has quickly become the "new normal" for all of us.

Bath time
Is fun time



Have fun in the bath

The end of the day can get a bit hectic as you scramble to wrap up

all the loose ends you need to complete before bedtime. Whether you've been at the office, chasing kids all day long or just had "one of those days" the last thing you need is to hassle with your kids over taking a bath.

Bath time should ideally be a soothing experience where families can quiet down and transition from frenzied to a relaxed state. Here are ten ways to clean up your bath time routine and add some more fun and relaxation to the mix.

If your family has more than one bathroom, sometimes a simple change of scenery is all you need to add some excitement into your kid's bath routine. Let your child have his/her bath in your bathroom tonight. Dim the lights and place a few flameless candles in the room to set a more soothing tone.

Surprise your child with some upbeat music while he/she bathes tonight. Pick some of their favorite sing-a-longs or tunes from a movie that they love and add a festive touch to tubby time.

Stock up on some fun grooming accessories like nail brushes and soft loofah sponges and let your child buff his own nails as you gently massage his back with a soapy loofah. This is primo time for your little one to enjoy some quality time with you while he/she enjoys the calming, warm water.

One great and unexpected joy for kids is to indulge in a cool treat in the tub. Once they are settled into the bath, serve up an ice-cold, popsicle or frozen fudgesicle. Yum!

Bath time in itself can be a great way to unwind after a crazy day, but there's another element that can also kick it up a notch, and that's a pair of fun, trendy new pajamas. Once the last bubbles slowly go down the drain, wrap your little love up in a plush terry towel and surprise them with a cool pair of new Pjs.

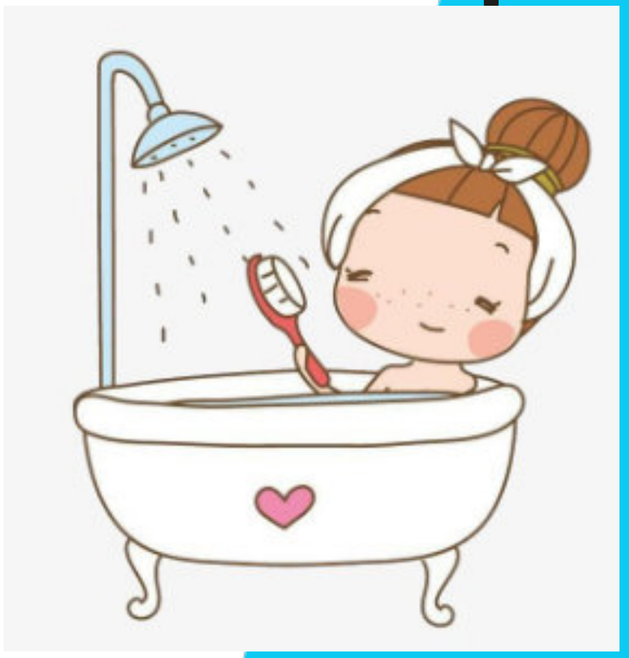
There are lots of new safe dyes on the market. Pick a crisp color of ocean blue or teal green and let your cherubs pretend they are fish.

One of the biggest highlights for a summer swim are those fun pool foam noodles. Bath time can be taken to a whole new level by cutting the noodles into 4–6 inch pieces and let them float all over the tub. They can be used for building blocks, and fun obstacles in the tub.

Add a real wow factor to your child's bath by incorporating a bubble machine. There are many inexpensive ones available at local discount stores.

Dim the bathroom lights and let your kids go wild with tubes of trendy glow in the dark soap paint and bubbles. This creative experience will bring an entirely new energy to your child's bath time.

Art projects are a lot of fun and kids absolutely adore them. Parents love to encourage their kid's creative side with materials such as finger paints, but the mess can be a real deterrent. Bath time is a wonderful opportunity to let your child's creative side soar. There are many finger paints and other artistic materials available for use in your very own bath tub.





MAGAZINE

The look

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