Top Vibe

ONLINE

Kids Magazine

SEPTEMBER 2024
ISSUE 74



Hello Summer

Chef Tommy gaan see toe....

Our birthday photoshoot

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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

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1.

OUR ADVERTISERS:

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2.

FUN FACTS ABOUT :

Learn some facts about your body

3.

MEDIA HOUSE PROJECTS:

Please support our projects for 2024 .

4.

BIRTHDAY CELEBRATIONS:

We celebrate our 6th birthday in the month of Aug.



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: Meet our Ambassadors for 2024.
Taygan Botha, and Celesté Bam

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 we celebrate summer

5. BACK PAGE 20

Back page: Our next Issue is our October Issue.



Photographer: Albertus Kriel
Venue: Turn & Tender Vaalmall

REDAKTEURS NOTA

Liewe maats,

Maats ons is so in die doodsnukke van die winter, die dae is al heerlik warm.

Ons het weer vanjaar die Face of Top Kids & Top Vibe Magazine '24. Ons wag vir jou inskrywing roer jou litte dit gaan heerlik wees en daar is baie pryse wat gewen kan word.

Vat 'n kans en probeer jy het niks om te verloor nie. Ons deel graag fotos van Top Vibe Kids Magazine se verjaarsdag fotosessie. Die photoshoot was lekker pret. Ons fotograaf was van Unique photography.

Hoop jylle geniet dit

Pas julle mooi op en soet wees

Tot volgende maand.

Liefde

Charms

OUR AMBASSADORS



Haai, Top Vibe Kids-lesers!

Sjoe julle die tyd flieg so vinnig verby voor ons weet is die jaar op sy rug.

Ons vrouedag was lekker vol pret ons het dit baie geniet. Dit was 'n lekker Vibe, die mense het gedans en saam met Scallway gesing!

Daar lê nog 'n paar projekte voor, ons doen 'n koffiebeker verf en mosaic op 5 Oktober en dan 'n paint & Sip op 2 November. Kom uit jou comfort zone en kom probeer dit, dit gaan baie fun wees.

Ons doppies en proppies projek kom ook op 'n einde die laaste dag van November...

Dan bly net die Face van Top Vibe Kids & Top Vibe Magazine'24 oor op die 7de Desember 2024

Hoop ek sien julle daar!

Ons Tot volgende maand!

Celesté Bam

CELESTé BAM

Dear readers,

We had a lot of fun when we visited 24 Jump Street in Sasolburg for the birthday cover page photoshoot.

It was very cold that morning of the photoshoot, but with all the jumping and climbing it started getting hot.

We enjoyed ourselves we had a good time.

See our photos on the next page.

We are getting close to the end of the year and all I can think of is the upcoming exams.
I wish we are done so that we can go on vacation.

Love Taygan
Till next time.....



TAYGAN BOTHA

VENUE:

PHOTOGRAPHER:

Pret met Celesté en Taygan



CELESTé BAM

VENUE:

24 JUMP STREET
INDOOR ENTERTAINMENT CENTRE

PHOTOGRAPHER:

Unique Photographics
PHOTOGRAPHY



TAYGAN BOTHA













MEDIA HOUSE 2024 Projects
Join us let's have fun....







Entries are Open





Chef Tommy gaan see toe....



Liewe maats, Ek groet eers ek gaan bietjie see toe, ek is nou bietjie moeg gebak en brou.

Ek is binnekort terug met nuwe idees, so ons praat dan later.

Mooi bly en soet wees
Tommy

Ons bak en brou Weer sodra ek terug is...



Facts about my body

Here are some facts about children's body.

There are 22 bones in the human skull.

Human body consists of over 600 muscles.

Babies are always born with blue eyes.

Babies crawl an average of 200 meters a day.

One in every 1000 babies is born with a tooth.

. Your mouth produces about one litre of saliva each day!

2. Your brain is sometimes more active when you're asleep than when you're awake.

Human body brain

3. Laid end to end, an adult's blood vessels could circle Earth's equator four times!

4. The word "muscle" comes from Latin term meaning "little mouse", which is what Ancient Romans thought flexed bicep muscles resembled.

5. Bodies give off a tiny amount of light that's too weak for the eye to see.

6. The average person has 67 different species of bacteria in their belly button.

7. You lose about 4kg of skin cells every year!

8. Babies don't shed tears until they're at least one month old.

Human body tears

9. Information zooms along nerves at about 400kmph!

10. The human heart beats more than three billion times in an average lifespan.

11. Your left lung is about 10 percent smaller than your right one.

12. Human teeth are just as strong as shark teeth.

13. Scientists estimate that the nose can recognise a trillion different scents!

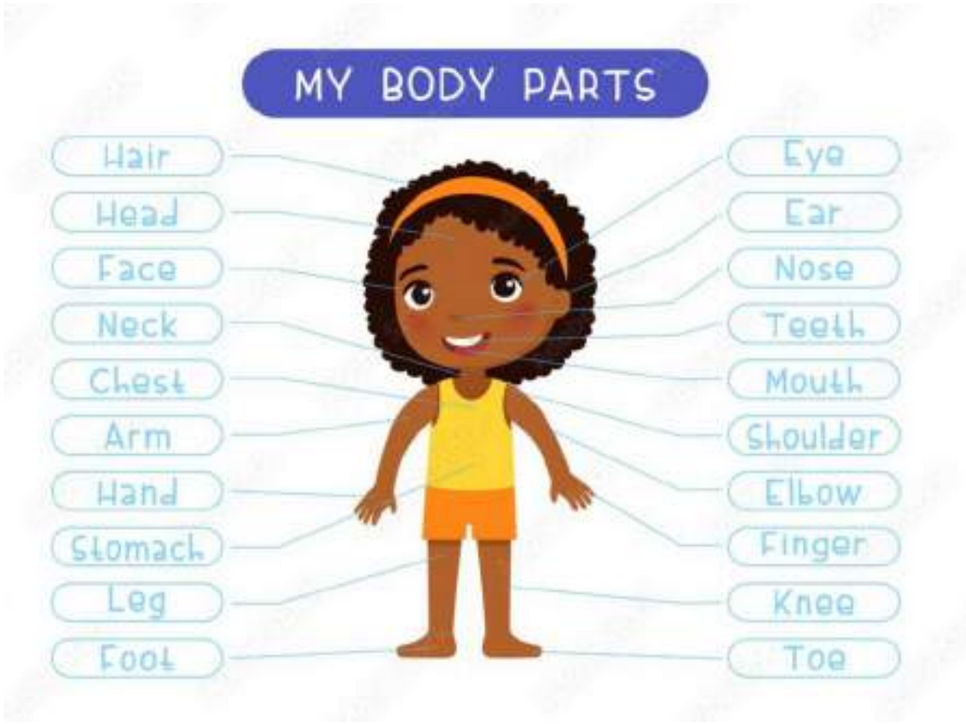
Human body nose

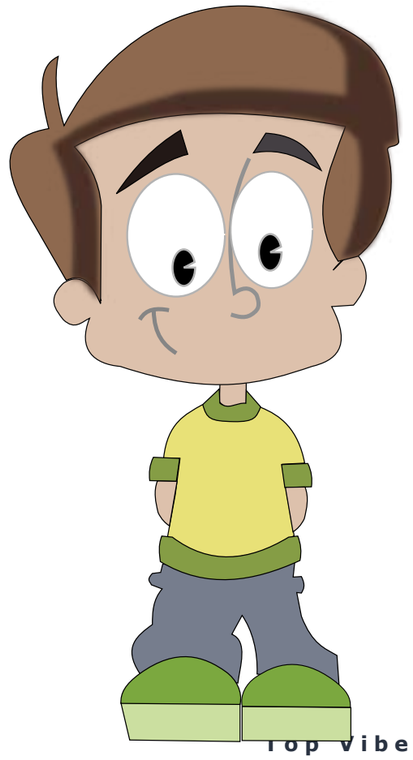
14. Humans are the only species known to blush.

15. Your blood makes up about eight percent of your body weight.

Want to find out more about the amazing human body?

Follow us next month.





Encourage healthy eating

One of the best ways to encourage healthy eating is to offer a wide variety of nutrient-dense foods at each meal and snack.

At each meal, aim to serve:

a fruit or vegetable
proteins like meat, fish, poultry, tofu, or beans
starchy vegetables or grains like potatoes, sweet potatoes, bulgur, or rice
a fat source like oils, nuts, nut butter, or avocado
Even if your child doesn't try or like a food the first (or even third) time you serve it, continue to offer those foods at future meals or snacks. Some kids may need to be exposed to a food 8–15 times before they decide to eat it.

Meal and snack schedules can play an important role in helping kids build healthy eating habits and promote overall health.

While the focus should be on offering mostly nutrient-dense foods, it's important to expose kids to a wide variety of foods to help them build a healthy relationship with food.

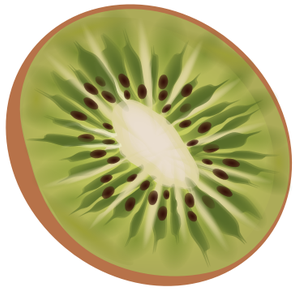
That said, the general advice is to limit added sugar until at least 2 years of age.

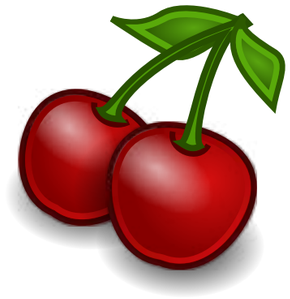
That's because sugary foods may replace other more nutritious foods in their diets and increase the risk for cavities and metabolic disorders like type 2 diabetes in kids.

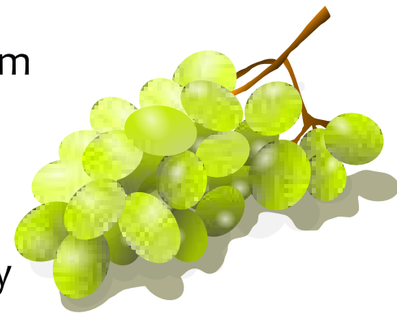
After that, it's okay for your child to occasionally enjoy foods that contain added sugar. However, aim to keep added sugar to less than 10 percent of their total calories.

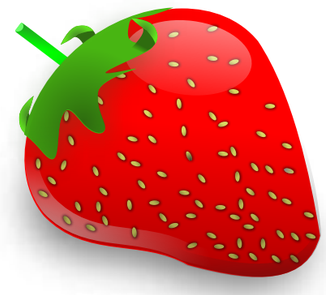
Create a meal and snack schedule
Most children thrive when there is structure and routine in their day, including for meals. Consistent routines may even help improve behavior among children.
Meal and snack schedules can play an important role in helping kids build healthy eating habits and promote overall health.
Research shows that regular meal schedules (instead of all-day grazing) are linked to lower body weight and good metabolism among adults, which may be relevant for children, too.
But perhaps even more important for children, creating a routine around eating times can help them know what to expect and may reduce picky eating and increase food pleasure
While exact schedules will vary by age, child, and family, most kids will benefit from eating three meals and two snacks.

Here's an example schedule:
Breakfast: 7 a.m.
Snack: 9–9:30 a.m.
Lunch: 12 p.m.
Snack: 3 p.m.
Dinner: 6 p.m.









Help jou kind om emosies te verstaan

Emosies is 'n belangrike deel van kinders se lewe. Dit is belangrik om met hulle oor hulle gevoelens te praat. Leer hulle oor hoe om te verwoordwat hulle voel, en hoe kom dit the hanteer.

Emosies is deel van ons menswees. Dit is 'n reaksie op 'n situasie en kan ons beskerm. As jy kwaad raak is dit omdat iets onregverdigs met jou gebeur.

Dat vat kwaad tog 'n bietjie van daai seer wat ons gekry het weg. Bang maak ons weer versigtiger.

Verstaan die emosie wat jou kind elke davan ons graag ervaar. Om emosies te hê is belangrik dit is asof ons kinders rondhardloop met glasflessies binne hulle wat so maklik kan breek.

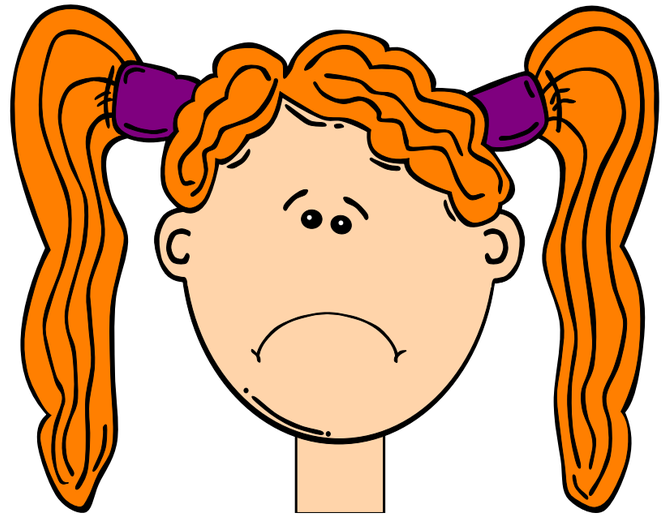
Dit is asof jou kind se flessie net gevul word, by die skool wil 'n maatjie nie met hom speel nie, 'n klippie in die flessie.Naskool wil sussie nie met hom speel nie nog 'n klippie. Dan wil mamma ook iets sê en sy flessie is vol skielik is daar 'n ontploffing daai tantrum wat ons by kinders sien.

Leer jou kind om te praat oor sy/ haar emosies. Dit is so belangrik maar ook tog so moeilik. Baie van ons grootmense kry dit nie altyd reg nie.

Leer jou kinders om te praat oor hoe hulle voel.As jy hartsser is is daar 'n knop in jou keel as jy kwaad raak klop jou hardjie vinnig jou lyf ervaar.

Ons ouers het ook baie emosies en soms sien ons nie die van ons kinders raak nie. Waak daar teen maak altyd tyd vir jou kind om te praat, vra uit oor hoe dit met hulle emosies gaan.

Wees daar vir hulle sonder om te oordeel.





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NEXT ISSUE - SEPTEMBER 2024

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