

Top Vibe

Online

KIDS
Magazine

Issue 9

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Easter Bunny might
visit your pre- school
see page 7



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Redakteurs Nota Charms

Hallo maatjies,

Dit is so waar paasfees!
Vra bietjie vir Mamma of Pappa wat is die ware betekenis van paasfees?

Ongelukkig kon ons nie die Mr & Miss kompetisie hou nie weens onvoorsiene dinge. Ons sal dit wel later in die jaar aanbied.
Ek hoop julle het die kort vakansie geniet, ek wil terug gaan skool toe sodat ek ook so baie vakansies kan hê.

Lol ek grap net, julle werk mos hard en help ook vir mamma om julle kamer netjies te hou asook ander takies in en om die huis.
Help julle?

Sterkte by die skool.

Sien julle volgende maand, soet wees.

Tannie **C**harms



Sub- Redakteurs Nota-Stella

Hallo julle mooi klein mensies,

Ek was so bietjie siek, maar is nou weer op die been en aan die gang. Die skole het weer begin, na die eerste vakansie van die jaar. Nou is dit weer volstoom aan die gang.

Ek is opgewonde ons gaan weer die program aanbied vir boelies.
Lees binnekort daaroor.

As julle my wil kontak hier is my kontak besonderhede. Kom kuier so bietjie by my, daar is altyd iets prettigs om te doen.

Stella 060 771 9407

E pos: admin@stellasplaytherapy.co.za

Totsiens tot volgende maand weer.

Tannie **S**tella

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Mielanè Oosthuizen Voorblad Madam



Hierdie jong pop is verlief op die kamera. Kyk sy sien kans vir baie.



Ek is seker sy hou Mamma lekker besig. Pappa se bank kaart doen die praatwerk. Maar hoe dit ookal is sy verdien die voorblad. Niemand kan vir Mielanè iets van mode vertel nie. Sy weet wat sy wil hê en sy gaan dit kry.

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Autism spectrum disorder (ASD) can look different in different people. It's a developmental disability that affects the way people communicate, behave, or interact with others. There's no single cause for it, and symptoms can be very mild or very severe.

Some children who are on the spectrum start showing signs as young as a few months old. Others seem to have normal development for the first few months or years of their lives and then they start showing symptoms.

But up to half of parents of children with ASD noticed issues by the time their child reached 12 months, and between 80% and 90% noticed problems by 2 years. Children with ASD will have symptoms throughout their lives, but it's possible for them to get better as they get older.

The autism spectrum is very wide. Some people might have very noticeable issues, others might not. The common thread is differences in social skills, communication, and behavior compared with people who aren't on the spectrum.

Social Skills

A child with ASD has a hard time interacting with others. Problems with social skills are some of the most common signs. He might want to have close relationships but not know how.

If your child is on the spectrum, he might show some social symptoms by the time he's 8 to 10 months old. These may include any of the following:

- He can't respond to his name by his first birthday.
- Playing, sharing, or talking with other people doesn't interest him.
- He prefers to be alone.
- He avoids or rejects physical contact.
- He avoids eye contact.
- When he's upset, he doesn't like to be comforted.
- He doesn't understand emotions -- his own or others'.
- He may not stretch out his arms to be picked up or guided with walking.

Communication

About 40% of kids with autism spectrum disorders don't talk at all, and between 25% and 30% develop some language skills during infancy but then lose them later. Some children with ASD start talking later in life.

Most have some problems with communication, including these:

- * Delayed speech and language skills
- * Flat, robotic speaking voice, or singsong voice
- * Echolalia (repeating the same phrase over and over)
- * Problems with pronouns (saying "you" instead of "I," for example)
- * Not using or rarely using common gestures (pointing or waving), and not responding to them
- * Inability to stay on topic when talking or answering questions.
- * Not recognizing sarcasm or joking



Patterns of Behavior.

Children with ASD also act in ways that seem unusual or have interests that aren't typical. Examples of this can include:

- Repetitive behaviors like hand-flapping, rocking, jumping, or twirling
- Constant moving (pacing) and "hyper" behavior
- Fixations on certain activities or objects
- Specific routines or rituals (and getting upset when a routine is changed, even slightly)
- Extreme sensitivity to touch, light, and sound
- Not taking part in "make-believe" play or imitating others' behaviors
- Fussy eating habits
- Lack of coordination, clumsiness
- Impulsiveness (acting without thinking)
- Aggressive behavior, both with self and others
- Short attention span

Spotting Signs and Symptoms:

The earlier treatment for autism spectrum disorder begins, the more like it is to be effective. That's why knowing how to identify the signs and symptoms is so important.

Make an appointment with your child's pediatrician if he doesn't meet these specific developmental milestones, or if he meets but loses them later on:

- Smiles by 6 months
- Imitates facial expressions or sounds by 9 months
- Coos or babbles by 12 months
- Gestures (points or waves) by 14 months
- Speaks with single words by 16 months and uses phrases of two words or more by 24 months
- Plays pretend or "make-believe" by 18 months

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Powerful Tips for Parent- Child communication part 2



If you missed out on part 1
Please go to www.topvibe.co.za

6. You count, too.

This is big in our child-centered world. Talk about yourself if you want your kids to talk about themselves. Next time at dinner, spend a few moments opening up about your day. Your child will interrupt, and I guarantee you won't get to the end of the story. The reason it's such a conversation trigger is that when you talk about yourself it reminds kids about things in their distant memory three hours earlier. For example, if you say, "I had an argument with one of my friends at work," your child might well respond, "I had a fight with Jenny during gym." And a special note about dinnertime: grill the food not your kids. Endless queries such as "How was school?" are conversation-busters. As one pre-teen told me, "It feels like I have to produce all over again at dinner."

7. Give advice.

It's hard to believe, but our precocious 21st Century kids of all ages still crave direction. After the story, after you've responded, then discuss together how your child might handle the situation differently next time. Ask for her ideas, and don't be afraid to give yours. Try not to lecture, and pay attention to those subtle signals of going on too long. Keep it

short, and use your life-wisdom to guide. Begin with, "I know my experience isn't anything like yours, it's very different now," since even young children need to feel separate enough to discover what works. Powerful advice means recognizing your own limits to help kids make decisions without you. Tell them, "I can't be there to make the decision about sharing that toy or sharing that secret with Joanne, but here's what I think will happen." When children know where you stand, they feel closer to you and more willing to open up.

If you follow just one of these suggestions, you will see change. You love your kids, as I do mine, so I know you'll try. Many of the seven keys to great communication you've already sensed, and they will work for almost every child.

And speaking of conversation, contact me at rontaffel.com with questions and stories about how things turn out.



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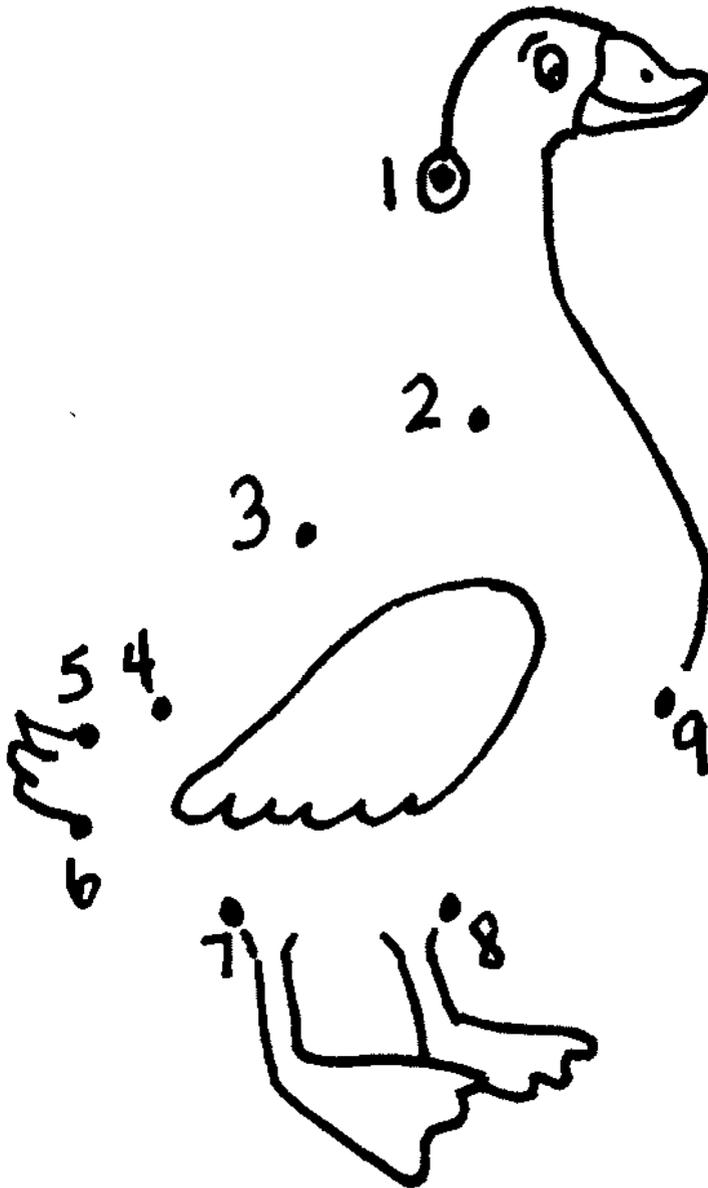
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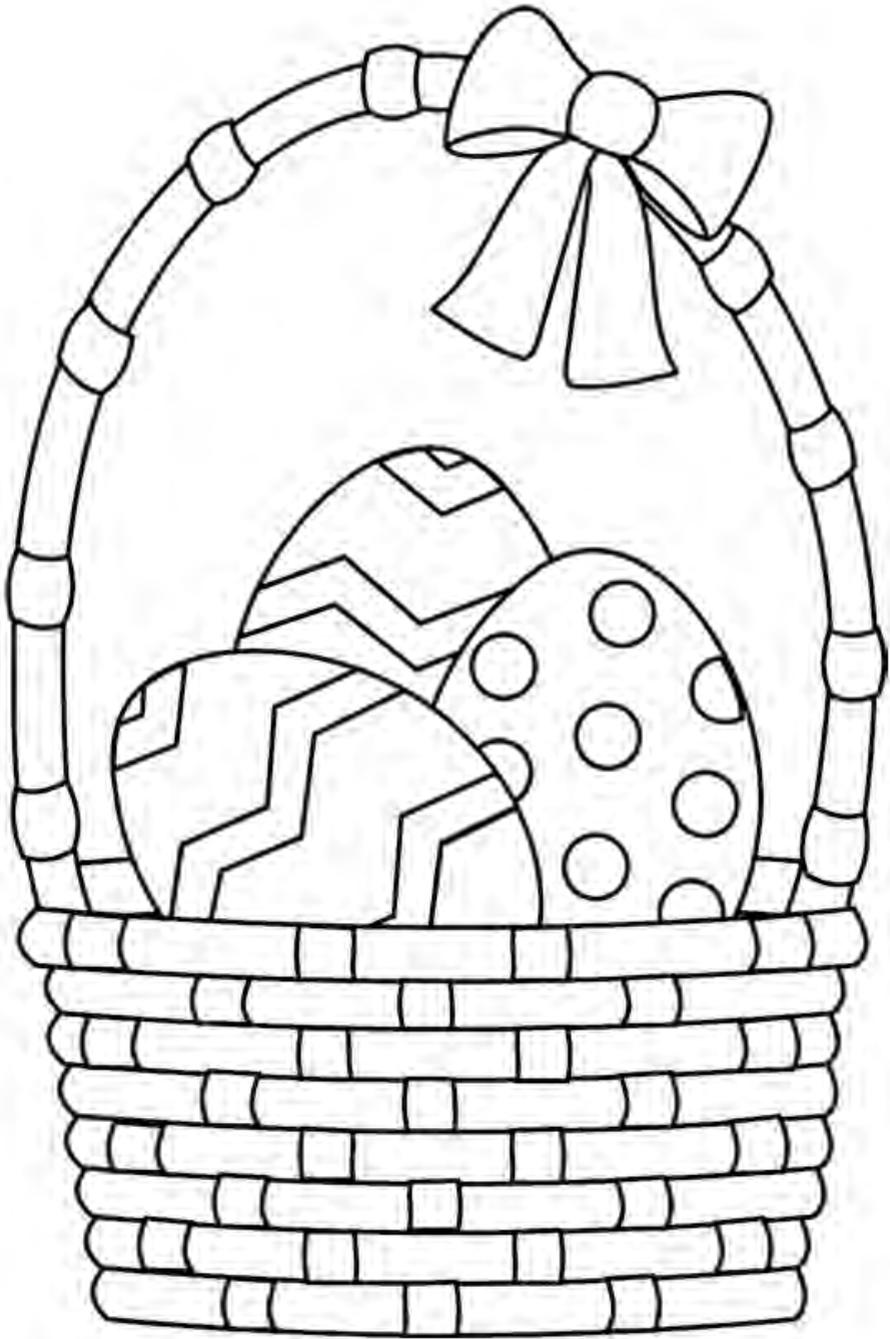
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give me colour / k̄leur my in

6 Ways to Help Your Child Make Friends in School

Advice and practice can help build healthy social skills

Kids today seem to have busier schedules than ever before, as we shuffle them off from one activity or sports practice to another. Some can jump right into social situations, while others struggle.

What if your child isn't a social butterfly? What if your child spends time alone at recess and after school? As a parent, there are some ways you can help, says pediatric behavioral health specialist Kristen Eastman, PsyD.

"If your child doesn't appear to make friends like other kids the same age, he or she may just need some coaching and practice time on simple social skills," she says.

She offers these tips to help you assess the situation and give your child a much-needed boost of confidence in approaching social situations:

1. Take time to observe and understand how your child socializes
Start with a "fly on the wall" approach, Dr. Eastman suggests. Attend a few activities at school (or sports after school) and pay close attention to how your child interacts with others. Does he behave differently than his "norm" at home? If so, why?

Your child may have a tough time starting conversations. He may have anxiety in large groups or a fear of public speaking that keeps him from meaningfully engaging with other children. Does he prefer to keep to himself and observe instead of joining in?

Depending on what behavior you see, you can then decide where to focus your attention, what skills need building and how you can contribute. "Trust your instincts, because you know your kid best," Dr. Eastman says.

2. Model positive social behavior
Children really do learn by example, so be mindful of how you interact with others.

Every time you strike up conversations with friends or neighbors, or even the check-out person at the grocery store, your child is aware. Almost every scenario becomes a learning opportunity, allowing your child to see how you join in, negotiate and problem-solve.

3. Role play at home
If your pre-teen or teenager finds it difficult to start conversations at lunch or during free time at school, sit down and practice at home. Discuss what topics interest him that he might talk about with other kids. Test different options until he finds something that comes naturally.

4. Give your child a head start
If your child wants to play baseball, but is reluctant to start, visit the field with him and throw the ball around so he can get acclimated ahead of time. Go early to the first practice so you arrive before others start showing up and the scene gets more chaotic.

If he wants to take swimming lessons, let him take a couple private lessons before joining a full class, so he'll already have built up some confidence.

5. Reinforce and praise
Make it exciting and rewarding to practice trying new things. Even when your child is only making slow progress, make sure to reinforce his efforts.

Acknowledge each small success, and tell your child how proud you are that he keeps trying.

6. Get the ball rolling
For smaller children, setting up a play date with just one other child is often a good idea. If your child is older, you might open up the house by inviting the baseball team over for pizza and a movie.

"Especially in the beginning, the goal is to help your child feel comfortable socializing and make it a positive experience.

give me colour / kleur my in





Dear readers,

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Editor Charmaine 072 768 8582
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Sub-Editor Stella 060 771 9407
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Do you want to be part of our group? Contact Charmaine 072 768 8582 or Mrs SA Globe 2019-Erika Breytenbach 072 777 2861

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- child support.
- who was married to who.
- why you don't like each other.

THEY ARE CHILDREN. CHILDREN CARE ABOUT:

- who shows up to pick them up from school.
- who takes them to practice.
- who makes them dinner.
- who they hear yelling proudly from the stands.
- who is at their concert.
- who stayed up till 4 AM finishing their costume.

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