

# Top Vibe

Online

KIDS  
Magazine

Issue 11



Charms of Hope  
Foundation page 10



Top Vibe Kids Magazine

CHRISTIAAN NOVAL

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## Redakteurs Nota Charms

Hallo maatjies,  
Onthou dit is Vader's dag die 16de Junie. Maak vir pappa iets, ek weet wat jy kan maak. Kleur een van ons mooi prentjies in vir pappa hy sal daarvan hou.

Maatjies vra mamma om te help!  
Dan kan julle vir hom koffie in die bed gee. Pappas hou ook van bederf. Dalk is daar koekies of beskuit in die huis.  
Vra vir pa om saam met jou bal te speel buite of om saam met jou in te kleur of dalk net te stoei op die bed.  
Onthou on altyd gehoorsaam te wees aan Mamma en Pappa.

Julle moet nou soet wees! Sien julle volgende maand.

Liefde Tannie

Charms



## Sub- Redakteurs Nota-Stella

Hallo julle mooi klein mensies,  
Ek is bietjie baie besig en probeer om by alles uit te kom. Maatjies, julle moet nou soet wees en skouer aan die wiel sit, ons is amper in die helfte van die jaar.

Ek is baie 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](mailto:admin@stellasplaytherapy.co.za)

Totsiens tot volgende maand.

Tannie Stella



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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](mailto:admin@topvibe.co.za)

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# Christiaan Noval

Christiaan ons voorblad mannetjie, is 'n klein hartebreker. Hy is nie net gemaklik voor die kamera nie, hy het ook die regte houding.



Christiaan is 'n jong mannetjie wat dit nog v&euml;r gaan bring in die model w&euml;rld. Ma en Pa is baie trots op jou, en jy steel harte so v&euml;r jy gaan.

Jongman geniet dit wat jy doen, en hou aan om voor die kamera te wees... Jy doen dit goed.



## 3 HOMES OF HOPE

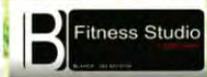
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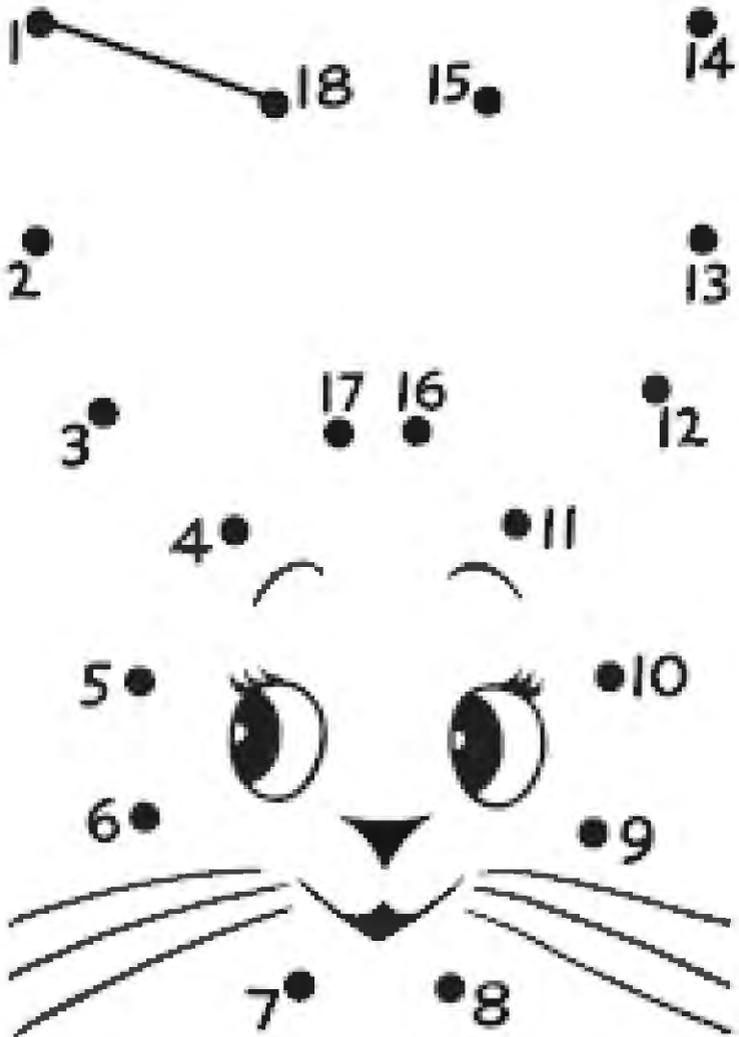
*Be part of the movement  
Be part in changing someone's life*

 **TOGETHER WE CAN WIN THE FUTURE** 

For any help please get in contact with the following people:

Charmaine Terisa - Top Vibe Magazine - 072 768 8582  
Erika Breytenbach - Mrs South Africa Globe 2019 - 072 777 2861





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# TEACHING YOUR CHILD THE ART OF HAPPINESS

For many parents, raising happy children is the holy grail of parenting success. But too often, we think happiness is about those fleeting moments of getting what you want. Lasting happiness is actually much more complicated, but much more rewarding. And yes, you can dramatically increase your child's chances of being happy, just by the way you raise him or her.

What makes a happy child who grows into a happy adult? Since happiness is a by-product of emotional health, this whole website is about helping you raise a happy child, from meeting your infant's need to be soothed, to helping your child develop optimism. But let's talk specifically about what makes humans happy.

The latest research on happiness gives us surprising answers. Once survival, safety and basic comforts are assured, external circumstance doesn't affect our happiness level much. Our genes certainly contribute, but their affect can be ameliorated to ratchet up our happiness set points to a higher level. The largest determinant of our happiness turns out to be our own mental, emotional, and physical habits, which create the body chemistry that determines our happiness level.

We all know that some of us tend to be more upbeat than others. Part of this is inborn, just the fate of our genes that give us a happier mood. But much of our mood is habit.

It may seem odd to have happiness referred to as a habit. But it's likely that by the time we're adults, we have settled into the habit of often being happy, or the habit of being largely unhappy.



## Happiness is closely linked to three kinds of habits:

How we think and feel about the world, and therefore perceive our experiences.

Certain actions or habits, such as regular exercise, eating healthfully, meditating, connecting with other people, even -- proven in study after study -- regularly smiling and laughing!

Character traits such as self-control, industry, fairness, caring about others, citizenship, wisdom, courage, leadership, and honesty. In practice, these character traits are just habits; tendencies to act in certain ways when confronted with certain kinds of situations. And certainly it makes sense that the more we exhibit these traits, the better our lives work, the better we feel about ourselves, and the more meaning we find in life -- so the happier we are.

Some of the habits that create happiness are visible, the ways Grandma told us we ought to live: work hard, value relationships with other people, keep our bodies healthy, manage our money responsibly, contribute to our community.

Others are more personal habits of self management that insulate us from unhappiness and create joy in our lives, such as managing our moods and cultivating optimism. But once we make such habits part of our lives, they become automatic and serve a protective function.

How can you help your child begin to develop the habits that lead to happiness?

**1.** Teach your child constructive mental habits that create happiness.

Managing our moods, positive self-talk, cultivating optimism, celebrating life, practicing gratitude, and appreciating our connected-ness to each other and the entire universe. Build these into your life together so you model them regularly, talk about using them, and your child will copy you.

**2.** Teach your child self-management routines that create happiness.

Photo: Rebecca Helen

Regular exercise, healthy eating, and meditation are all highly correlated with happiness levels. But you and your child may have your own, more personal strategies; for many people music is an immediate mood

### 3. Cultivate fun.

The old saying that laughter is the best medicine turns out to be true. The more we laugh, the happier we are! It actually changes our body chemistry. So the next time you and your child want to shake off the doldrums, how about a Marx brothers movie?

And here's a wonderful tool: smiling makes us happier, even when we initially force it. The feedback from our facial muscles informs us that we're happy, and immediately improves our mood. Not to mention the moods of those around us-- so that feedback loop uplifts everyone.

### 4. Model positive self- talk.

We all need a cheerleader to help us over life's many hurdles. Who says we can't be our own? In fact, who better? Research shows that happy people give themselves ongoing reassurance, acknowledgment, praise and pep talks. Talk to yourself like someone you love, aloud so your kids can hear you.

### 5. Cultivate optimism...

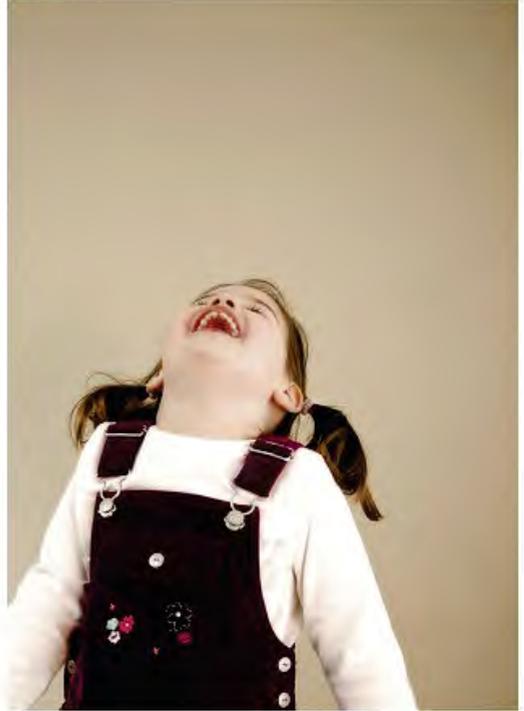
...it inoculates against unhappiness. It's true that some of us are born more optimistic than others, but we can all cultivate it. Click here for "How you can help your child become more Optimistic".

### 6. Help your child find joy in everyday things.

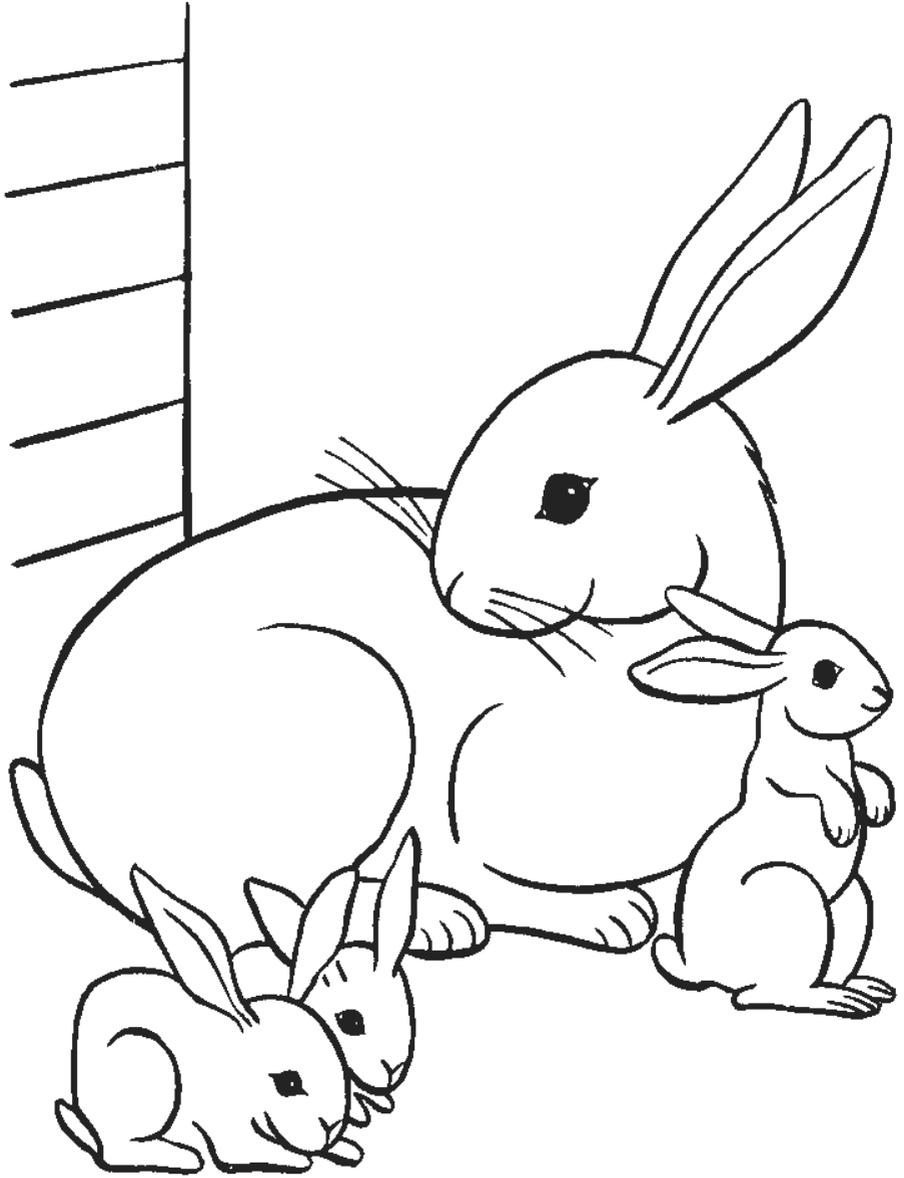
Studies show that people who notice the small miracles of daily life, and allow themselves to be touched by them, are happier. Daily life overflows with joyful occurrences: The show of the setting sun, no less astonishing for its daily repetition. The warmth of connection with the man at the newsstand who recognizes you and your child. The joy of finding a new book by a favorite author at the library. A letter from Grandma. The first crocuses of

The first crocuses of spring.

*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."*



## TEACHING YOUR CHILD THE ART OF HAPPINESS



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## Dignity Dreams

In disadvantage households struggling to survive the decision whether to buy a bread or a sanitary pad to manage a young girl's period is commonly made. More often than not, the stomach wins. Girls often resort to unhealthy alternatives such as old socks, newspapers ect just to be able to attend school.



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With the crowning of 2014 winner the beautiful Janet Potgieter, came new opportunities, dynamics and movement to give dignity back. "Think about what you will say to someone if you can't give then hope." The truth behind these came back to haunt Janet when she stood between 42 000 people in *Bulengo Displacement Camp in North - Kivu in the Eastern Democratic Republic of the Congo*, a mere 6 weeks after won this prestigious title.

Meeting extraordinary women in horrific circumstances, she learnt that you **CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.** Let's stand together and get INVOLVED in making a difference in someone's life and give back their dignity.

By donating you can keep a girl child in school during menstrual cycles for up to 4 years.

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**Please contact for the Vaaltriangle area:**

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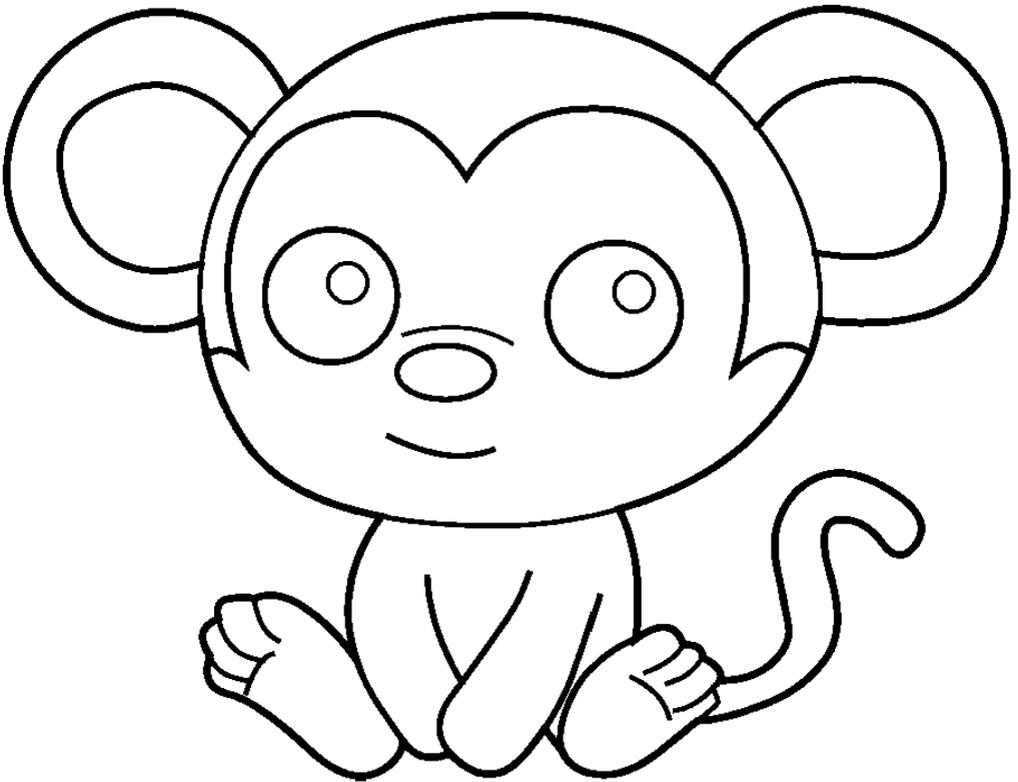
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