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KIDS

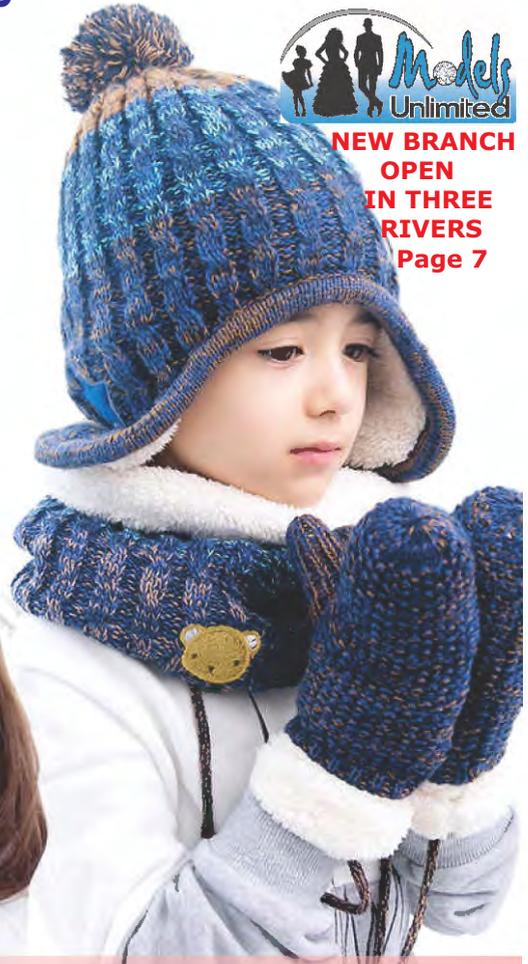
Magazine

Issue 24
2020

*Winter BLUES or something
more serious?*
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**NEW BRANCH
OPEN
IN THREE
RIVERS**
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the Cover-page**

Top Vibe Kids Magazine

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Nota van die Redakteurs lessenaar - Charmaine

Liewe Maatjies,

Sjoe maar julle hou lang vakansie met die Covid-19 virus.

Ek is seker julle is nou moeg van by die huis wees en kan nie wag om terug skool toe te gaan nie.

Julle verlang seker na julle maats by die skool?

Natuurlik is dit lekker in die winter om snoesig by die huis te wees, en die winter is flippen koud.

Gelukkig is julle veilig by die huis, en weg van die gevaar van die lelike virus wat ons land is sy greep het. Onthou moet nie ophou om hande te was en julle maskers te dra nie.

Ek hoop julle het vir mamma en pappa gehelp terwyl julle nou by die huis is. Dit is lekker as elkeen help dan is die werk gou klaar en almal kan ontspan.

Een van die dae is als terug na normaal, en julle kan weer saam met julle skool maats wees.

Hier is lekker winter inkleur prentjies om julle mee besig te hou. Kom ons hê 'n bietjie pret, kleur jou prentjie in vra mamma of pappa om vir ons 'n foto op ons Facebook blad te plaas.

Die beste inkleur prentjie se foto sal dan in die tydskrif verskyn.

Kry jou boetie en sussie om ook deel te wees van die pret.

Ons tyd is verby ek hoop julle hou van die uitgawe.

Ek praat weer met julle volgende maand. Julle moet nou soet wees en geniet die laaste tydjie by die huis. Wanneer julle terug is by die skool, gaan julle moet hard werk.

Ek groet tot volgende maand
Mooi bly en soet wees!!



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a kids magazine?

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Kids and your name.

Thank you
Charmaine



Winter **BLUES** or something more serious?

Each winter you might notice a dip in your child's mood and a change in his or her behavior, and then witness them return to being themselves again once springtime hits. You might even experience these seasonal changes yourself.

Prof Nicholas J. Westers, Psy.D., ABPP, clinical psychologist at Children's HealthSM says there is a condition that may be impacting your family's emotional health during the winter months.

"A lot of people express disappointment with the decreased amount of daylight during the winter months," says Dr. Westers. "However, when that disappointment turns into other behaviors, it could be more than just the winter blues. It could be depression. And if it occurs around the same time every year, it could be Seasonal Affective Disorder, or SAD."

Seasonal Affective Disorder symptoms
SAD is a form of significant depression with a seasonal pattern, sometimes occurring during the summer months, but most often during the winter months (November through February).

Common symptoms of SAD include:

- Excessive sleepiness and difficulty waking up in the morning
- More than two weeks of significant sadness or irritability
- Increased social withdrawal and isolation
- Craving for carbohydrates
- Decrease in energy
- Weight gain

Seasonal Affective Disorder in children and adolescents
Although the typical age of onset is

Although the typical age of onset is around 20 years old, even young children can experience SAD. SAD typically occurs less frequently in children and adolescents than in adults, but as many as 3-4% of children and adolescents may suffer from symptoms.

Light Therapy

One of the quickest ways to improve symptoms of SAD, even in as little as a few days, is using a light box. These can be purchased online or in some stores, and they can be used at home for as little as 30 minutes a day (preferably in the morning). However, once they stop being used, depressive symptoms can return just as quickly as they left.

Cognitive Behavioral Therapy (CBT)
Recent research on CBT for SAD with adults, which focuses on changing thoughts and behaviors to positively impact feelings and improve symptoms, has suggested that light therapy and CBT are each effective at addressing SAD, but that CBT had better effect two years later.

Antidepressant Medication

If light therapy or CBT do not seem to help, medication may help alleviate symptoms.



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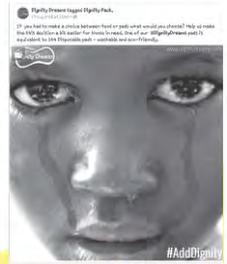
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To



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:

Mrs SA Globe 2019 Erika Breytenbach - 072 777 2861 or Charmaine Britz 072 768 8582



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