

Top Vibe

ONLINE
February 2022 Issue 43

Kids Magazine

Cover page: Tanita De Gouveia & Dyne Mulder

Photographer: Albertus Kriel

Venue: Von Kromellenboog

Guesthouse, Sasolburg

THE IMPORTANCE OF A
FATHER IN A CHILD'S LIFE

Happy
Valentine's
Day!

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Top Vibe
ONLINE Kids Magazine

COMMENTS:

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1.

MEDIA HOUSE:

Cover page with our very own ambassadors, Meagan couldn't make the photoshoot.

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OUR ADVERTISERS:

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Glamour Talk Magazine and 50+ Magazine/ Tydskrif.

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Top Vibe Kids Ambassadors: Meet our Ambassadors for 2022.
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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 models:
Dyne Mulder, Tanita De Gouvia.
Meagan Rielander (appson)
Photographer: Albertus Kriel
Venue: 9 On Kromellenboog Guesthouse, Sasolburg.

5. MODEL BACK PAGE 20

Back page: Family art.



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

REDAKTEURS
NOTA

Tyd vlieg so gou verby ons is al reeds in die tweede maand van die jaar.

Februarie is die maand van hartjies en liefde, hier hou die pret net nie op nie.

Ons ambassadeurs gee hulle weergawe van die liefde.

Lees gerus ons storie in Storie Tyd hoop julle geniet dit.

Julle moet soet wees en hard werk, verdien julle sakgeld...

Geniet julle maand van liefde Mooi bly tot volgende maand.

Liefde

Charms





Love yourself this Valentine's Month.

We should all learn to love ourselves. So it doesn't matter what others think or say about you, it matters what you think you are.

A quote by Licille Ball. "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in the world."

You become what you believe, so take some time this Valentine's month to be kind to yourself.

Lots of Love


Tanita 




AMBASSADORS



Hallo Maats,

Die maand van Liefde  is hier en ek wil vandag graag 'n gedig met julle deel wat ek aan iemand baie spesiaal wil oordra, maar ek wil vir elke meisie daar buite se al het jy nie vandag 'n Valentyne nie weet net die Here het jou spesiaal gemaak in elke liewe manier en daar is wel 'n spesiale persoon vir ons almal daar buite.

Roses are red
Violets are blue
I think I am inlove with you
So please will you be my Valentine
And take this gift I bought for you
Because my love for you is really true 

Liefde in die lug

Liefde Dyne



Ek't altyd gewonder Wat beteken liefde? Vir almal beteken liefde iets anders

Ons Kan liefde elke dag sien. Liefde van Mamma as sy vroeg opstaan en ons help regmaak vir skool, of as sy nie daai nuwe skoene koop nie omdat ons die duur hakskoene of tekkies soek.

Liefde is pappa wat heeldag by die dans en model sit om net 2min te kyk wanneer sy dogtertjie loop of liefde is as pappa weer vir die "laaste" keer my goed aflaai by die skool omdat ek dit vergeet het.

Liefde is sussie wat haar sjokelade met my deel of laat ek sit waar ek wil in die kar. Sussie liefde is extra spesiaal want maak nie saak hoe baie ons baklei nie, niemand anders mag nie.

Liefde is Juffrou wat vroeg skool toe gaan, die klas saniteer sodat ons veilig en gesond kan wees. Liefde is Juffrou wat agter kom as ek siek is by die skool want sy's jou 2de mamma

Liefde is 'n beste maatjie wat luister na hoe kwaad Mamma jou maak maar nogsteeds glimlag en Mamma 'n drukkie gee al weet sy ek was vanoggend kwaad vir haar.

Liefde is God Wat Sy Seun gestuur het om al die vorms van liefde aan ons te bewys en te wys dat liefde die grootste sonde Kan vergewe

Want as ons liefde het is ons so klein bietjie soos ons eie Skepper - God

Liefde Meagan

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Let's have fun....

BIRDS

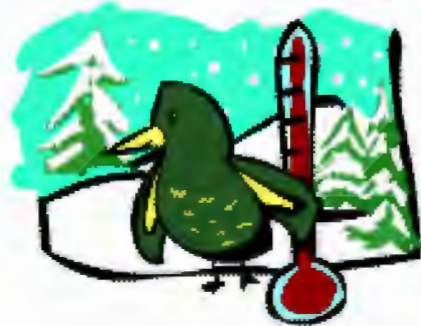
• have feathers & wings →

• lay eggs

• have 2 legs

• ear holes instead of ears.

• warm-blooded



Did you know

Male peacocks begin to grow their colorful tails only after they are about three years old!



Chef Tommy

Roosterbrood met spek, piesang en stroop



Hallo Maats,

Ek hoop julle hou so baie van 'n broodjie soos ek.

Vandag gaan ek vir julle 'n lekker broodjie resep wys wat julle kan maak dit is maklik en bitter lekker.

Jy benodig:

1 of 2 snye brood wit of bruin brood
Spek wat gebraaai is
1 of 2 piesangs geskil en in skywe gesny.
Stroop.
Botter

Metode:

Rooster jou broodjies, smeer botter op, pak die broodjie vol met die piesang skywe, sit die spek bo op die piesang, gooi dan stroop bo oor en dit is reg om te eet.

Geniet dit maats, ek love dit.

Maak dit vir mamma vir Valenteins dag!!!



Maklike Valentyne Koekies Resep

Deur: Dyne en Dyne se Ma

Bestanddele:
1kg koekmeel
500g Icing Sugar
1kg Botter

Metode:
Meng saam, rol die deeg uit en maak hartjie vormpies met "cookie cutters".

Bak vir 10 min of tot goud bruin op 180° C. Wag tot dit afkoel en versier met pienk or rooi versiersuiker en sprinkels.

Dit is hoe eenvouding hierdie klein koekie resep nou eintlik is. Letterlik net 3 bestanddele om hierdie lekker 3 bestanddele koekies te maak.

Geniet dit en bederf daai spesiale persoon ♥



We had fun at 9 on Kromellenboog guesthouse with some of the guests children, with our Media House selffieframe.

Let's have fun....



BED TIME

What time does your child go to bed?

My four-year-old has been going to bed at eight in the evening most days, pretty much since he finally discovered that sleeping was actually a thing. While that may sound like a typical (even late) bedtime for kids in Australia, it can often be viewed as early back in Singapore where I grew up, where 10pm is your average bedtime for a kid—yes, even one that young.

According to new research from the University of South Australia (UniSA) however, a habit of staying up late could be damaging to kids' health and wellbeing. The study focused on more than 1000 Australian children aged 11 and 12. So while the findings may not be quite relevant for my son as yet, they're certainly influencing how I should approach bedtime right now.

or having irregular sleep schedules can be a cause for concern," says lead researcher, UniSA's Lisa

"We all appreciate the importance of a good night's sleep, but too much or too little, going to bed late or having irregular sleep schedules can be a cause for concern," says lead researcher, UniSA's Lisa Matricciani.

"The key finding is that adults and children who regularly go to bed late are more likely to have an unbalanced diet comprising fewer fruits and vegetables and more junk foods, such as chips and sugary drinks.

"Additionally, this group is also more likely to be less active, with children engaging in higher amounts of screen-time and far less physical exercise."

How much sleep do children need?

The following, by the Sleep Health Foundation, is the recommended total hours of sleep, based on how old a child is (keeping in mind this is just a guide, and younger children will meet these hours in one or two naps on top of their night sleep).

The best bedtime for children Bedtimes during early childhood may vary depending on a family's schedule (anytime between 6.30pm and 9.30pm or later)—children who go to bed early tend to wake up earlier while those who go to bed later wake up later. However, by the time children start going to school, recommended bedtimes tend to be similar for most children since most would be expected to be at class at around the same time.

year old went to bed at around 10.15pm on school nights and between 11pm and 11.30pm on non-school nights.

The benefits of an early bedtime

UniSA's discovery of how children who regularly go to bed late are more likely to have an unhealthy diet and are more sedentary is just the latest in a number of research studies that have proven why children should have an early bedtime. Here are just a few of the other

benefits of an early bedtime:

1. Better quality of sleep Children from as young as five years old who go to bed earlier have been found to fall asleep faster. Not only that, they wake up less frequently in the middle of the night than those who go to bed later. Both toddlers and teens who go to bed early appear to have a longer sleep duration too (read: more hours of sleep).

2. They function better during the day

Any parent knows when children become tired, they get just that little bit cranky—and no fun to be around. The science also proves that children who go to bed early have better short-term and working memory, longer attention span and are able to regulate their emotions better (great news for parents).

3. It helps their brain develop better

Japanese scientists compared 18-month-olds who went to bed later than 10pm (and had longer day



Story Time - Storie Tyd



Ek, (Carel) en my boetie David, het 'n storie om met julle te deel:

Eendag lank lank gelede kuier ons by ons ouma (ons is 'n tweeling) Ouma stuur David om in haar bedkassie se laai te kyk vir haar lipsalf.

David kom terug en gee dit vir ouma, maar ek sien David voer iets in die mou.

Later gaan speel ons buite en David en ek eet die sjokolade wat hy in ouma se bedkassie laai gekry het.

Heelwat later hardloop ek badkamer toe my maag is omgekramp, en op my hakke volg David. So maak ons beurte, nou raak dit te erg en ons huil want nou kramp ons maag ook.

Ouma vra wat gaan aan met julle mannetjies. Ons verduidelik vir ouma maar sê nie 'n woord oor die sjokolade nie.

Maar ouma is baie slimmer as ons en sy weet somer dadelik daar is 'n slang in die gras.

Ons het toe daar en dan 'n pak slae ook nog gekry want sien dit was nie sjokolade nie maar lakseermiddel.

So nou kramp ons maag, ons boer op die toilet en ons boude brand.

Ons sal dit nooit weer doen nie...

Valentine's Day is a holiday that people celebrate on February 14. It is also called Saint Valentine's Day. On Valentine's Day people greet loved ones, close friends, family members, and classmates by sending them cards called valentines. People also give candy, flowers, and other gifts to loved ones.



Why are sports important for children in school? Playing sports teaches lessons of life, such as teamwork, accountability, self-confidence, responsibility, and self-discipline. Sports in school help prepare students to face the challenges of life. They enhance physical and mental abilities of students and help them achieve the goals of their life.

BED TIME

naps) with those who had an earlier bedtime. And while they recognised pre-existing developmental problems may cause sleep problems, they also concluded that an early bedtime helped with better neurodevelopmental outcomes, that is, motor function, language and social function.

4. They are less likely to be overweight

According to a study, four- and five-year-old children who go to bed at 9pm or later are more likely to be obese and to gain weight over time. The results are not surprising, when you consider UniSA's findings that children with later bedtimes ate more junk food and less fruit and vegetables.



Happy Valentine's day

A Valentine's Day collage on a pink background. It includes a photo of two women smiling, a cartoon character in a blue dress, and several hearts. The text 'Happy Valentine's day' is written in a cursive font. The cartoon character is labeled 'Sandri's Showroom'. The address '55 Valey Road Willow Brook Complex Nr 13 Hennospark Sandri 082 332 4393' is listed at the bottom right.

Sandri's Showroom

55 Valey Road
Willow Brook Complex Nr 13
Hennospark
Sandri 082 332 4393

THE IMPORTANCE OF A FATHER IN A CHILD'S LIFE

Anyone can father a child, but being a dad takes a lifetime. Fathers play a role in every child's life that cannot be filled by others. This role can have a large impact on a child and help shape him or her into the person they become.

Fathers and Emotional Development

Fathers, like mothers, are pillars in the development of a child's emotional well-being. Children look to their fathers to lay down the rules and enforce them. They also look to their fathers to provide a feeling of security, both physical and emotional. Children want to make their fathers proud, and an involved father promotes inner growth and strength. Studies have shown that when fathers are affectionate and supportive, it greatly affects a child's cognitive and social

affects a child's cognitive and social development. It also instills an overall sense of well-being and self confidence

Fathers not only influence who we are inside, but how we have relationships with people as we grow. The way a father treats his child will influence what he or she looks for in other people. Friends, lovers, and spouses will all be chosen based on how the child perceived the meaning of the relationship with his or her father. The patterns a father sets in the relationships with his children will dictate how his children relate with other people.

Fathers and Their Daughters

Young girls depend on their fathers for security and emotional support. A father shows his daughter what a good relationship with a man is like. If a father is loving and gentle, his daughter will look for those qualities in men when she's old enough to begin dating. If a father is strong and valiant, she will relate closely to men of the same character.

Unlike girls, who model their relationships with others based on their father's character, boys model themselves after their father's character. Boys will seek approval from their fathers from a very young age. As human beings, we grow up by imitating the behavior of those around us; that's how we learn to function in the world. If a father is caring and treats people with respect, the young boy will grow up much the same. When a father is absent, young boys look to other male figures to set the

"rules" for how to behave and survive in the world.

So today, don't forget to tell your dad you love him, and thanks for being there!



MAGAZINE



Media House

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