

Top Vibe

ONLINE
Kids Magazine

March 2022 Issue 44

**ADVERTISE YOUR
BUSINESS**

Why is ART important for kids?

INDEX

CONTENT

Top Vibe

ONLINE Kids Magazine

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

COPYRIGHT:

Content of Top Vibe Kids Magazine is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

DISCLAIMER:

The Editors or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement. The views of other writers or articles in this Magazine are not necessarily the views of the Editor.

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E-MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

OUR ADVERTISERS:

Support our advertiser they support us!

2.

LET'S HAVE FUN:

We just love to have fun. Join us.

3.

IS YOUR CHILD READY FOR SPORTS?:

Find out if your child is ready for sports.

4.

HOW TO KEEP YOUR CHILD SAFE AROUND THE POOL:

Read everything you need to know.



SOEK MY IN DIE VOLGENDE UITGAWE

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 2022.
Dyne Mulder, Meagan Rielander & Tanita de Gouveia.

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

Children playing and celebrate Human's Right Day

5. MODEL BACK PAGE 20

Back page: Easter Bunny



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

REDAKTEURS NOTA

Liewe maats,

Jis, die tyd harloop gou verby.

Ons deel graag 'n paar goedjies met julle. Soos hoe om ons tydskrif in die hande te kry, vra maar mamma of pappa se hulp met 5 maklike stappe. Daar is nog maatjies wat dit nie reg kry nie, so vra hulp.

Ons volgende uitgawe is ons Paasfees uitgawe en ons gaan 'n hassie weg steek iewers, jy moet vir ons se waar die hassie is om 'n paashaas te kan wen gaan kyk op ons Facebook blad vir die kompetisie reëls.

Facebook: <https://www.facebook.com/vibekids.britz>

Pas julle mooi op tot volgende maand. Liefde

Charms

MEDIA HOUSE:
TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF



Dear readers,

On the 21st of March we celebrate world down syndrome day by wearing mismatched socks to creat awareness for people with Down Syndrome.

We wear socks because the karyotype of Down Syndrome chomosomes actually looks like mismatched socks.

Down Syndrome s due to a extra copy of 21st chromosome. This means people with Down syndrome have 3 copies of their chromosomes instead of 2.

Which is way world Down syndrome day is on 3 / 21 (March 21). So this month I would like to encourage you to create awareness by wearing mismatch socks and to use your voice ans spread the word, because your voice matters!

Lots of Love

Tanita



Meagan

Hello julle,

Dis Meagan hier

Maart is n vooruitsig vir die vakansie. Wat beteken eksamen en toetreeks en leer is vir nou verby!

Maart is ook my gunsteling maand want, dis my VERJAARSDAG! En die seisoene draai amper so dit beteken... GEEN muskiete en GEEN vliee nie!

In Maart vier ons ook Menseregtedag op 21 Maart

⇨Op Menseregtedag word Suid-Afrikaners gevra om oor hul regte te besin, om hul regte en die regte van alle mense teen skending te beskerm, ongeag ras, geslag, godsdiens, seksuele oriëntasie, of hulle 'n buiteland is of nie – menseregte geld aan almal, gelyk.

Geniet Maart, tot ons weer gesels

Meagan R

Hallo Maats,

Welkom terug by ons interessante uitgawe van Maart maand.

Ek wil vandag 'n paar interessante feite oor die maand Maart met julle deel wat nie eers ek self geweet het en saam leer ons elke dag iets nuuts.

Het julle geweet Maart het sy eie blom: Die Daffodil! Dit is die mooiste geel blommetjie. Maart se geboortesteen is 'n "Aquamarine" hy is so tussen blou en groen en dit beteken "Courage".

Baie geluk aan elke maaitjie wat in Maart verjaar! Maart het twee sterreteken naamlik Ram en Visse - so as jy 'n Ram is verjaar jy tussen 20/02 - 20/03 en as jy Visse is dan verjaar jy tussen 21/03 - 20/04. "March" en *May" is die enigste

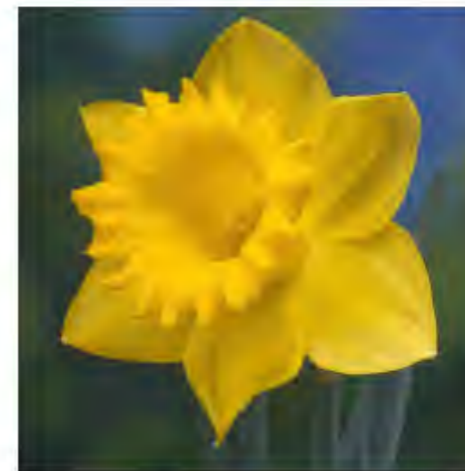
twee maand wat begin met MA en is tussen April 🤗. Die maand Maart het sy naam van die planeet Mars gekry wat vernoem was na die Romeinse "God of War", want vir een of ander rede het die Romeise gedink Maart is die beste maand

om oorlog te hou stupid as jy my vra maar nou ja 🤗.

Ek hoop julle het die interessante feite geniet en iets nuuts geleer soos ek.

Tot volgende keer
Groete

Dyne



Dyne



ADVERTISE YOUR BUSINESS



Print Spot

Creative . Designing . Printing

Charmaine 072 768 8582



R A D I O
Info - Fun - Music



GRIFFIN
INTERNET SERVICES

Get your own DOMAIN!

Are you still using a gmail address?
For as little as R55-00 per month you can own your exclusive:
www.yourowndomain.co.za
and
5 email addresses

UNLIMITED STORAGE!

leon@showmevaal.co.za

083 381 4214 / 068 585 4793

www.griffininternet.co.za

**CALL: 072 768 8582
TO ADVERTISE HERE**

Let's have fun....

Guess Who?

1. A cat

2. A bear

3. A tiger

4. A bear

5. A rabbit

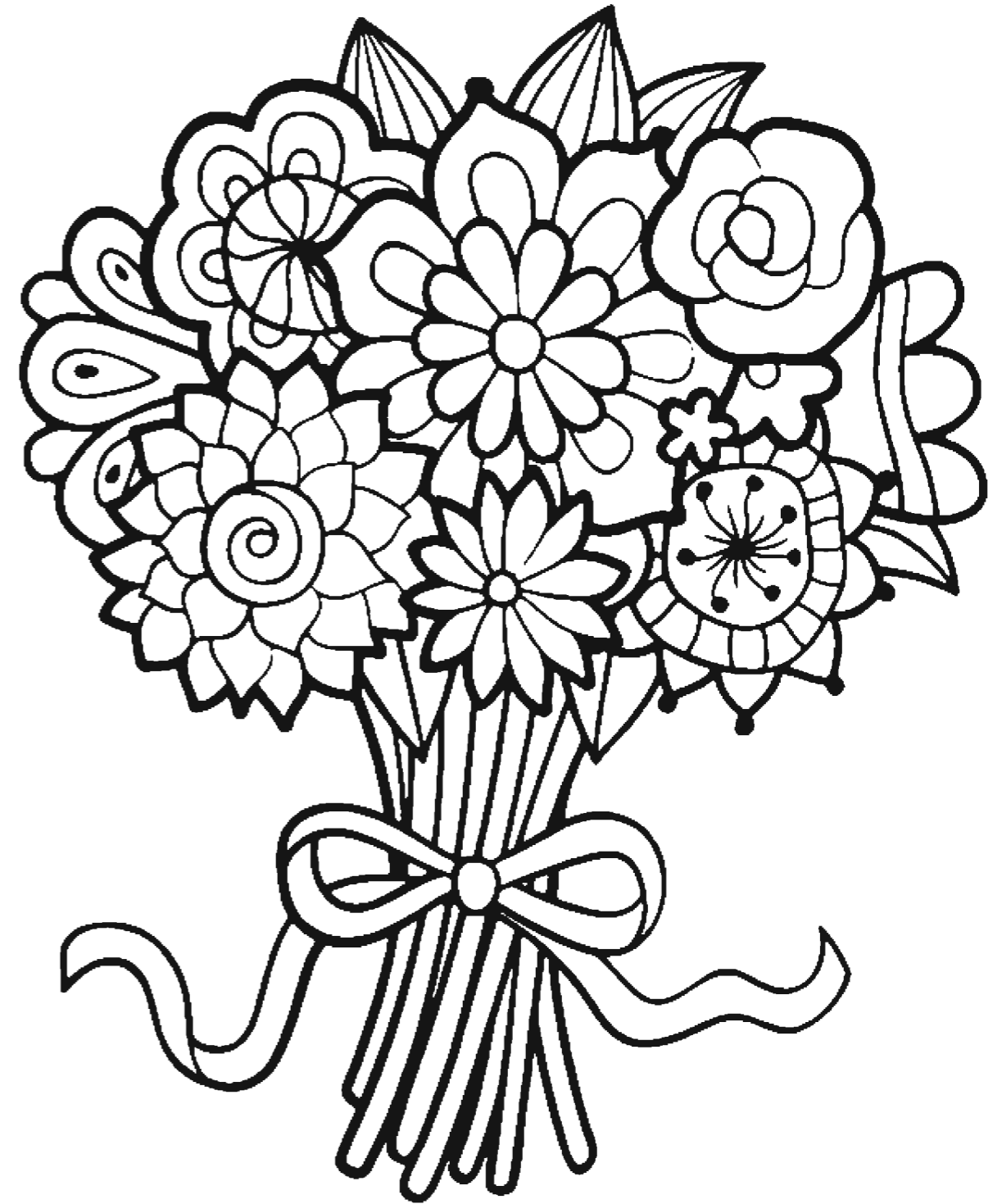
6. A giraffe

7. A fox

8. A lion

9. A bear

10. A dog





Chef Tommy Melkskommel

Hallo Maats,

Kom ons maak melkskommels, ek hou van
chocolate.

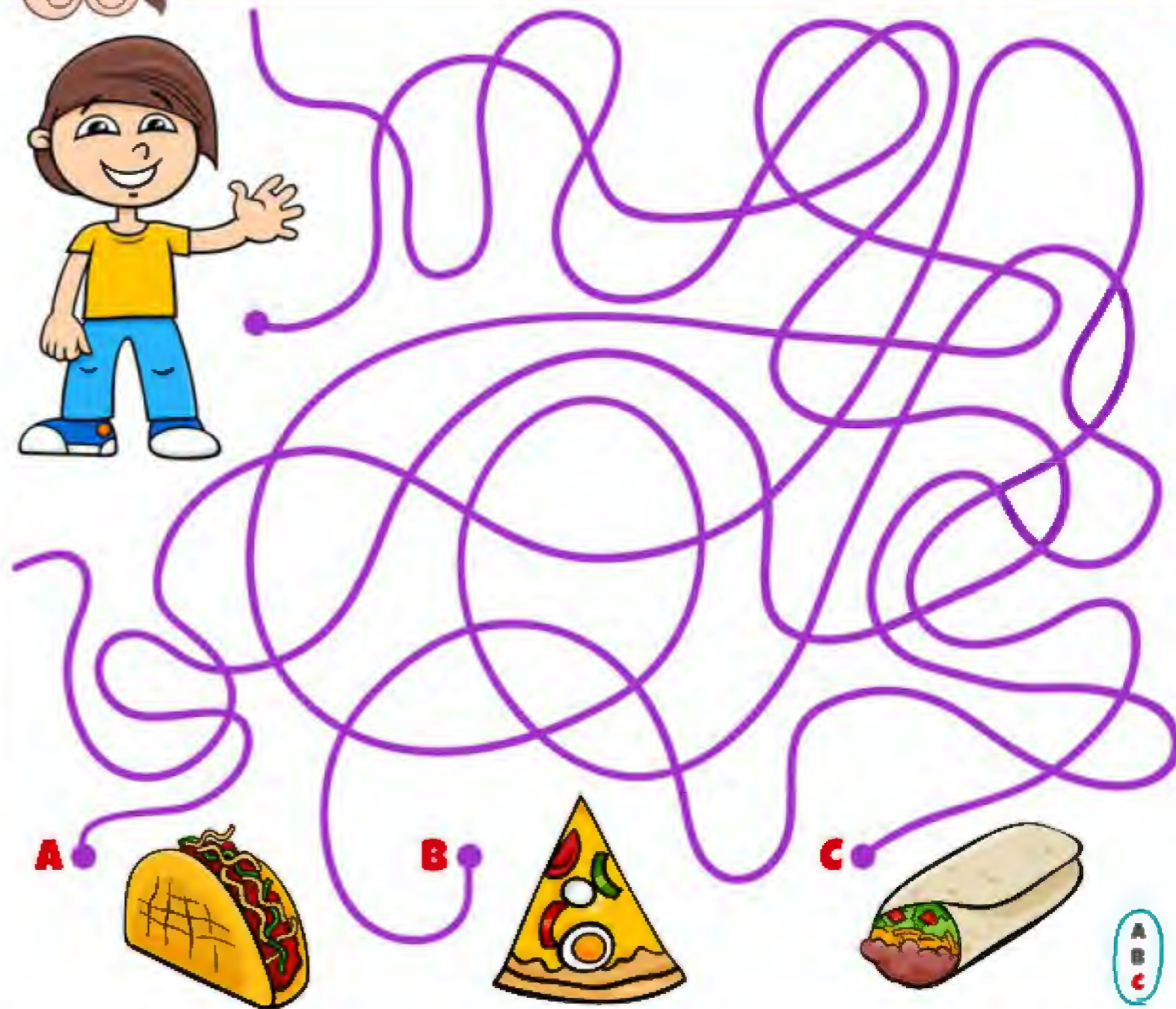
Jy benodig:

- 4 t Chocolate Nesquik
- Glas
- Melk

Meng die nesquik en melk in die glas maak
seker dat daar nie klonte is nie en geniet

As jy jouself nou lekker wil bederf neem 2 groot
lepels roomys (ook chocolate) en meng goed
saam.

Julle gaan dit geniet.



Kom bak en brou saam met my!

Let's have fun....

Is Your Child Ready for Sports?

Sports readiness means that a child has the physical, mental, and social skills to meet the demands of the sport. While general guidelines can help you select a sport based on age, it's important to remember that children develop at different rates.

Children are more likely to enjoy and succeed in sports when they have the physical, mental, and social skills required by the sport.

Ages 2 to 5 years

Before age 6 years, most children do not have the basic motor skills for organized sports. Balance and attention span are limited, and vision and ability to track moving objects are not fully mature. Instead, look for other sports activities that focus on basic skills such as running, swimming, tumbling, throwing, and catching. These skills can be improved through active play but do not require organized sports activities. Children at this age have a short attention span and learn best when they can explore,

experiment, and copy others. Instruction should be limited, follow a show-and-tell format, and include playtime. Competition should be avoided. Parents can be good role models and should be encouraged to participate.

Ages 6 to 9 years

By age 6 years, most children have the basic motor skills for simple organized sports. However, they may still lack the hand-eye coordination needed to perform complex motor skills and may not yet be ready to understand and remember concepts like teamwork and strategies. Sports that can be adapted to be played at a basic level and focus on basic motor skills are the most appropriate. This includes running, swimming, soccer, baseball, tennis, gymnastics, martial arts, and skiing. Sports that require complex visual and motor skills, quick decision-making, or detailed strategies or teamwork (football, basketball, hockey, volleyball) will be difficult unless modified for younger players. Rules should be

flexible to promote success, action, and participation. The sport should focus on learning new skills rather than winning. The equipment and rules should also be appropriate for young children. For example, smaller balls, smaller fields, shorter game times and practices, fewer children playing at the same time, frequent changing of positions, and less focus on score keeping.

Ages 10 to 12 years

By ages 10 to 12 years, most children are ready for more complex sports. They have the motor skills and cognitive ability to play sports that require complex motor skills, teamwork, and strategies. Most experts believe that sports at this level should focus on skill development, fun, and participation, not competition. Most children would rather play more on a losing team than less on a winning team.

Some children in this age group may be starting puberty. During this time, the physical differences between children, particularly boys of the same age, can be

dramatic. This can make a difference in what sport is best for your child. Boys who start puberty sooner will be temporarily taller, heavier, and stronger. This may give them a physical advantage, but it doesn't mean they are more talented and will continue to excel in sports. If possible, they should compete with boys with the same physical ability. Similarly, boys who mature later may experience a temporary physical disadvantage in sports. This should not be seen as a lack of talent or ability. These boys should be encouraged to play sports with less emphasis on physical size, such as racquet sports, swimming, martial arts, wrestling, and certain track events.

Also, growth spurts can temporarily affect coordination, balance, and the ability to perform a skill. Keep in mind that it can be frustrating if this is seen as a lack of talent or effort.

NEXT PAGE

Is Your Child Ready for Sports?

Other Guidelines

Get fit and learn a new skill. Encourage your children to participate in activities that promote physical fitness as well as learning sports skills. The activities should be fun and right for their ages.

Focus on fun. Choose sports programs that focus on personal involvement, variety, success, and fun rather than competition, strict rules, and winning. It may help them stay interested and want to keep playing.

Check out the rules. Equipment and rules should be right for their ages. If not, they should be modified.

Make sure safety is a priority. Appropriate setting, equipment, protective gear, program design, and rules of play are important.

Keep differences in mind. Prior to puberty, there are very few differences between boys and girls in endurance, strength, height, or body mass, and they can compete together on an equal basis.

During puberty, to make sure athletes are well matched in contact sports, consideration should be given to body size and physical maturity as well as chronological age.

Proceed with caution. Early specialization in a single sport, intensive training, and year-round training should be undertaken with caution because of the risk of overuse injury, mental stress, and burnout. Playing only one sport may also prevent a child from developing a variety of motor skills that they would learn from participating in several different sports.

Wait until your children are ready. Children should not play competitive win/lose sports until they understand that their self-worth is not based on the outcome of the game.

Find a good sports program. Get feedback from other children and parents who are in the programs. Try to check out programs before you join them. A sign of a good program is children having fun.

So laai jy die tydskrif af met net 5 maklike stappe



Stap 1 - gaan na Google

Stap 2 - Tik in www.topvibe.co.za

Stap 3 - Dan sien jy Top Vibe Magazine

Stap 4 - Regs op jou foon skerm is daar 3 strepies klik daar op.

Stap 5 - dan sal jy sien Welkom en die tydskrifte se name - as jy op die tydskrif klik wat jy wil aflaai sal dit oopmaak. Jy kan of download of van jou skerm af lees.

Onder dit sal jy lees "read more" en dan kry jy die opsie van download

How do I keep my child safe around the pool?

What are 3 pool safety rules?

Top 10 Water Safety Tips for Families. Water safety encompasses a person's behavior in and around the water.

Never Swim Alone.
Supervise Children When They're in the Water.
Don't Play Breath-Holding Games.
Always Wear a Life Vest.
Don't Jump in the Water to Save a Friend.
Enter the Water Feet First.
Stay Away From Pool Drains.

Alarms.

Beyond a fence, additional layers of protection such as pool alarms, door and gate alarms, and pool covers can provide some added safety around a pool. Make sure alarms are in good shape with fresh batteries, and keep in mind none are substitutes for a properly

substitutes for a properly installed pool fence.

Why is pool safety important?

Image result
Many are at risk of slipping and being injured. People must follow pool safety regulations. Slipping near a swimming pool can also lead the person to fall into the pool which may cause them to drown. Diving injuries can also happen especially when people are unsupervised.

How can I make my backyard pool safe?

Image result for How do I keep my child safe around the pool?
From pool barriers like fences and nets to chemical safety, here are 4 ways to help make your swimming pool safe.
Install A Pool Barrier Such As A Removable Pool Fence. ...
Install A Pool Alarm. ...
Install A Pool Safety Net or

Cover. ...

Keep Chemicals and Cleaning Products Under Lock And Key.



Why is ART important for kids?

Art and craft activities give kids a sense of achievement and allow them to take pride in their work which builds confidence. ... Kids get to try new things and also develop their “self-regulation skills” (e.g. when waiting for paint or glue to dry). This helps them develop patience, which all kids need help with!

Why craft activities are important for kids?

Arts and craft activities help instil a sense of achievement and pride in children, boosting theirself-confidence. The opportunity to create whatever a child desires helps foster creativity. A child will learn to make correct and effective

decisions by facing and solving artistic challenges.

What skills does craft develop?

Here are just some of the developmental skills your preschooler learns while working on crafts:

Following Directions. ...

Focus and Concentration. ...

Fine Motor Skills. ...

Patience. ...

Early Problem Solving Skills.

Why is learning crafts

important?

Learning the arts and crafts doesn't just foster the creative development of a child, but also assists in advancing and refining his or her core skills, which in fact goes towards boosting academic achievement

as well.

Why is art important for kids?

Image result

Self-esteem and self-expression

Mastering skills, completing art projects and learning to express themselves in new ways helps kids gain confidence and perseverance. These things also help kids come up with positive emotional responses to stressful situations.

Why are crafts important for toddlers?

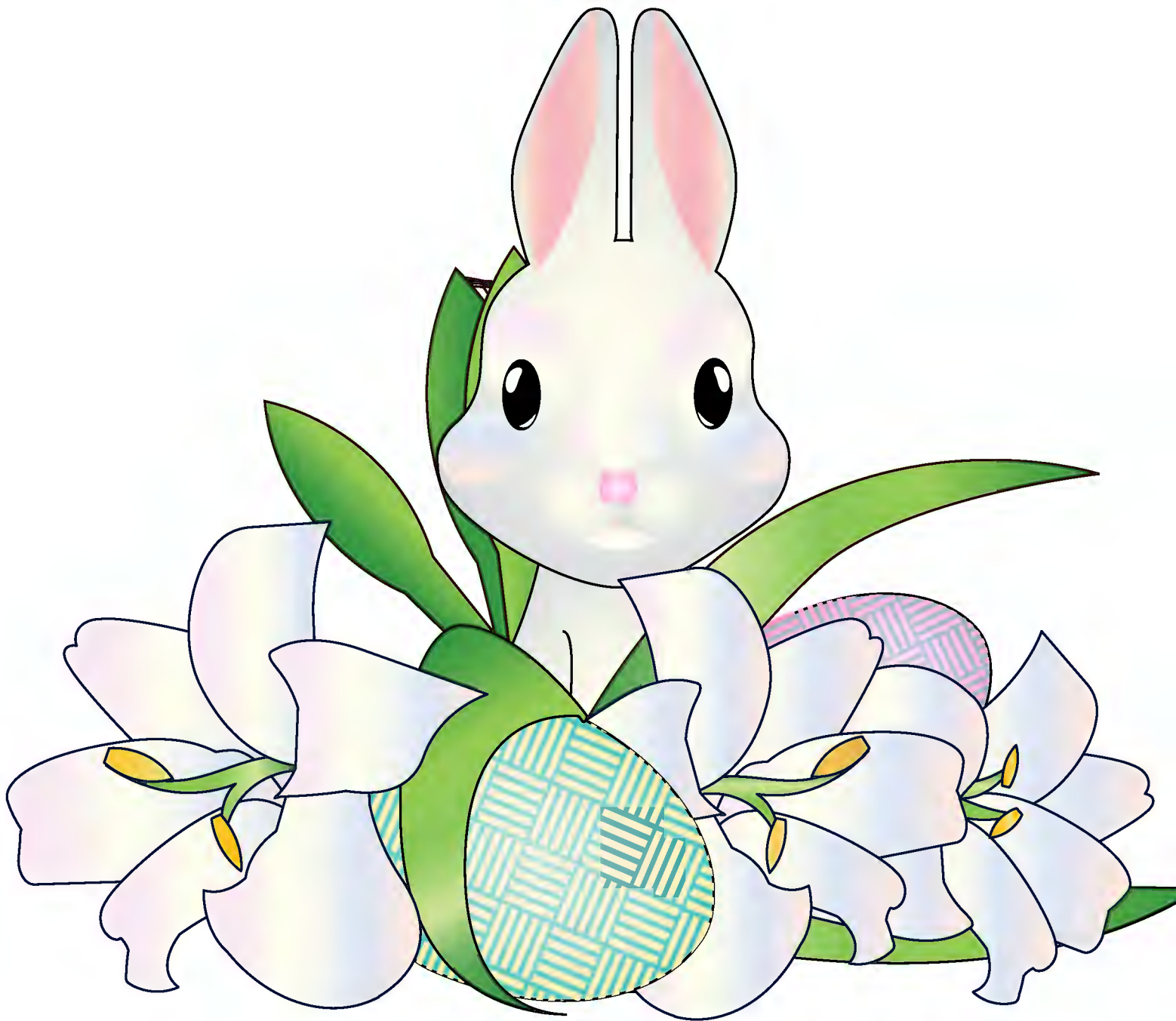
Image result

Arts and crafts provide your child with a unique, fun opportunity to learn and improve their skills. When creating an arts and crafts project, children are able to develop

their fine motor skills. ... A creative outlet shows your child that he or she can make decisions and be inventive in a variety of ways.



MAGAZINE



Media House

NEXT ISSUE - APRIL 2022

TO DOWNLOAD GO TO www.topvibe.co.za