

Top Vibe

Kids Magazine

ONLINE
JUNE 2022 ISSUE 47



Happy,
Father's Day

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My super Dad

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Top Vibe
ONLINE Kids Magazine

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We just love to have fun. Join us.

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TRY TO BE FLU FREE THIS WINTER:

How to keep you and your family flu free this winter.

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SHEF TOMMY:

How to keep you and your family flu free this winter.

Happy Father's Day



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We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

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

REDAKTEURS
NOTA

Liewe maats,

Met Moedersdag agter die rug is dit nou Pa se beurt.

Ons Ambassadeurs pronk saam met hulle pa's. Dit was nou een heerlike foto sessie. Dankie Albertus ons fotograaf vir die puik fotos.

Graag wil ons al die pappa's daar buite 'n wonderlike dag toewens vol bederf. Pa sit terug ons gaan vir jou braai....

Ons deel graag die volgende 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, vra Hulp ons help graag. (Sien bl13)

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

Pas julle mooi op tot volgende maand. Liefde

Charms

AMBASSADORS with their Dad's



Dear Daddy,

I would just like to say thank you for everything that you do for me. Thank you for always helping me with Afrikaans speeches and for being my human translator. Even though we always try to annoy each other, you always make me laugh whether it was a funny joke or something silly that you said. You're always there to cheer me up on a bad day. Thank you for being the BEST dad a girl could ask for.

I love you so so so much!

Enjoy your Father's day.

To all Father's love your children and care for them.

Love Tanita



My Super Hero Dad, Gerrie Mulder

Hoekom is my Pappa my Super Hero?

My Pa is so sterk soos 'n Super Hero, want hy sal enige iets doen om my te beskerm en hy is so vinnig soos 'n Leeu.

As ek in die moeilikheid is sal hy so vinnig as moontlik kom om my te help. My Pa sal enige iets doen om seker te maak ek is veilig en ek is BAIE lief vir hom.

Ek geniet die tyd saam met my pa, ons kan lag en chat.

Dankie dat pappa my Hero is.

Gelukkige Vadersdag, lief my super Hero

Liefde

Dyne Mulder



Liewe Pappa

Ek het pappa so lief en weet nie wat ek sonder jou Sal doen nie. Jy was nog altyd daar vir my, van dag 1 af.

Jy is regtig die beste en Sal nie beter kan kry nie.

Dankie dat pappa altyd orals saam ons gaan. AL is dit model, dans of drama pappa is altyd daar. Dankie dat pappa altyd net die beste vir ons soek.

Gelukkige Vadersdag

Meagan Rielander

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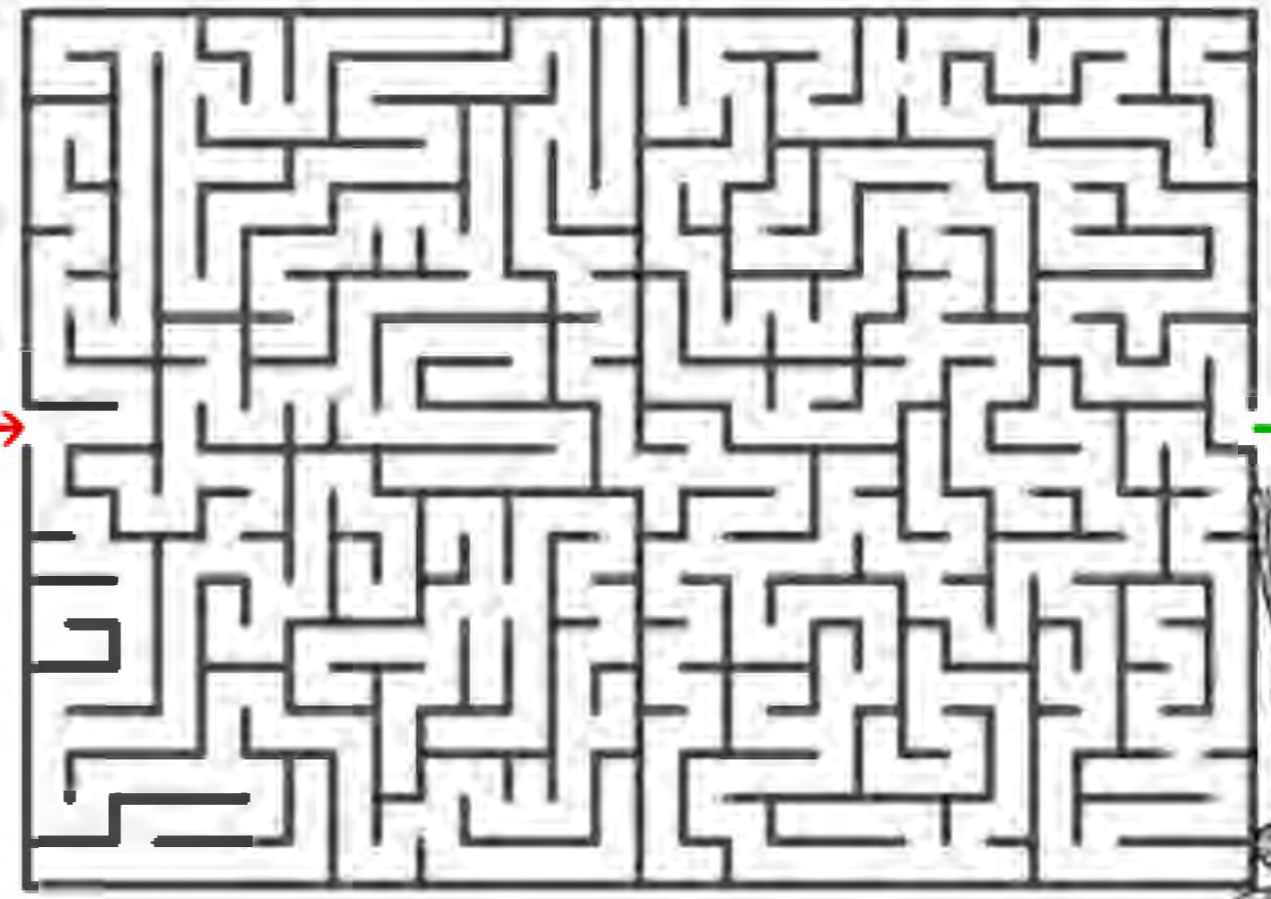
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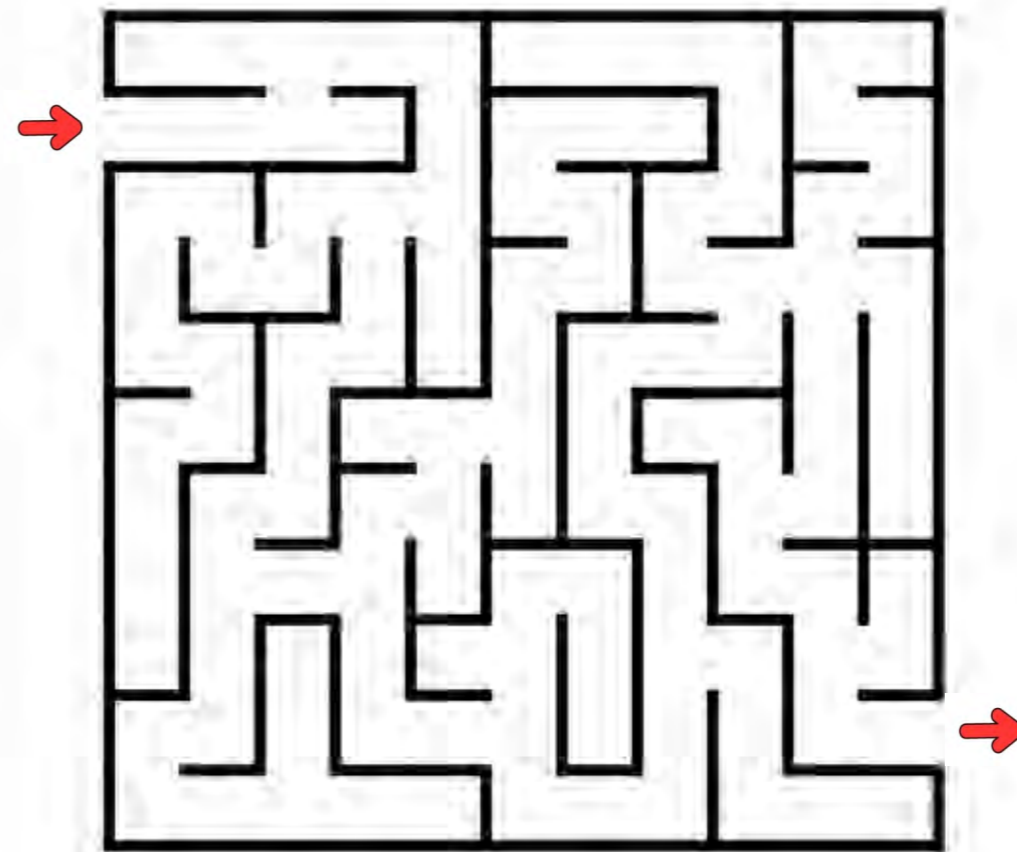
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Kids let's
have fun....



WORLD'S
BEST
DAD!



Chef Tommy



**Hallo Maats,
Kom ons maak choco pop
snacks**

**1 Eetlepel stroop
500ml Peanut butter
500ml Choco pops
Knypie sout.**

**Smelt die peanut butter,
Stroop en sout saam, voeg
choco pops by meng die
bestanddele en saam.**

**Druk in `n gesmeerde bak en
laat dit staan in yskas vir 20
min sny en geniet**

Kom bak en brou saam met my!

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 kliek daar op.**

**Stap 5 - dan sal jy sien Welkom en die
tydskrifte se name - as jy op die tydskrif
kliek 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**

Try to be flu free this winter

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

fever* or feeling feverish/chills

cough

sore throat

runny or stuffy nose

muscle or body aches

headaches

fatigue (tiredness)

some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

Most people who get flu will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of flu, some of which can be life-threatening and result in death.

Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication that can result from either flu virus infection alone or from co-infection of flu virus and

bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle tissues (myositis, rhabdomyolysis), and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have flu, and people with chronic heart disease may experience a worsening of this condition triggered by flu.

Stay healthy even if it means you have to wear your mask stay indoors.

Natural Flu Prevention Tips

Wash Your Hands Thoroughly & Frequently. Although the flu is an airborne illness, it is often transmitted by shaking hands and touching frequently used surfaces.

...

Keep Your Space. Try to stay about six feet away from others when possible. ...

Stay Active. ...

Sleep Tight. ...

Eat a Nutrient-Rich Diet.



My super Dad

Super Hero Dad

What makes our and my Dad a Super Heros?

He has an unselfish spirit.

He's always doing things in the best interest and needs of his spouse and children. If your dad is always giving to others this is just a clear sign that he is an unselfish person. Awesome dads tend to put the best interests of those close to him first, over their own

While all fathers are indeed superheroes in the eyes of their children, in the world of comics many fathers are also actual superheroes.

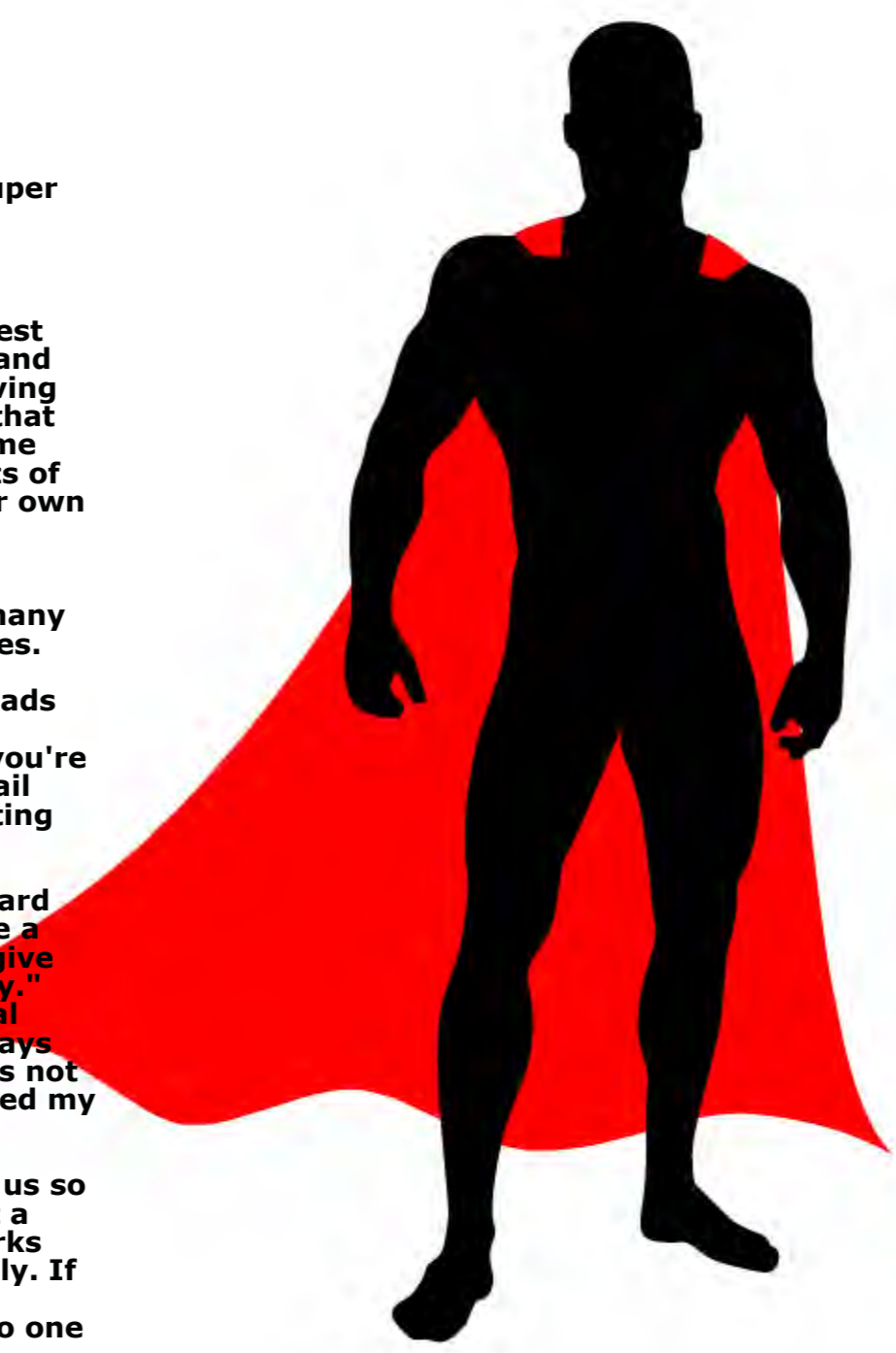
One of the biggest reasons why dads are superheroes is that they are always there to guide you when you're in trouble. They tell you how to sail through tough times without hurting your self-respect and confidence.

To be a giving person and work hard for not only you but that you have a family that counts on you. To forgive people and to love unconditionally." "My dad will always have a special place in my heart because he always showed me love, even when I was not behaving well. He always respected my feelings

Only a few people in our life help us so that we can lead a happy life. But a father is the only person who works hard for the goodness of the family. If there can be a Super Hero in this world, it is my Dad and there is no one who can replace him.

My Dad is the best dad in the world because he always takes care of me. He encourages me to do things that I want to do. He helps me when times are tough.

I love you Dad
Carin Mulder



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PARK FORD'S vehicles

will be on display!

How to keep toddlers warm outside



Some specific shopping tips to focus on:

Lay on light layers. The layers underneath your toddler's outerwear trap in warmth.

Find a snowsuit that suits your toddler to a T.

Choose mittens.

A warm hat is tops.

Choose safe and easy clothing features.



No matter the weather, toddlers have energy to burn. That means whether it's below zero or scorching hot, your little one will likely want to be outside burning off steam.

While that's a great thing for nap time, it also means you need to take extra care to protect her against the elements. This guide can ensure that your toddler is dressed properly no matter what the weather conditions are.



One rule of thumb to keep in mind: Once your baby becomes a toddler, her inner thermostat should be in working condition. That means if you're comfy in a T-shirt, your little one should be too; if you're chilly in a sweatshirt, it's time to add an extra layer for both of you

How to dress a toddler for the cold - toddler winter clothes Toddler winter wear should both keep your little one cozy and allow for movement. A child who's mobile (or soon to be) needs to be able to move easily, so she shouldn't be so bundled up that she can't climb the playground ladder or romp in the snow. Plus any item that an independent toddler can pull on or take off herself will be most acceptable to a me-do-it mindset.

Even if your little one has no interest in dressing or undressing herself, if she's still not fully potty-trained, you'll want to go for easy-on/easy-off clothes for your own sanity. Some specific shopping tips to focus on: Lay on light layers. The layers underneath your toddler's outerwear trap in warmth. Opt for tops made from cotton, merino wool, or lightweight polypropylene, choosing ones that feel good on your child's still-sensitive skin. Steer clear of bulky sweaters, which will make her too hot and prevent her from moving around easily. Make sure socks aren't so thick that your toddler's snow boots don't fit comfortably over them.

Find a snowsuit that suits your toddler to a T. Choose a wind- and water-resistant outer shell — nylon is ideal — and a chill-chasing material on the inside, such as down or Polartec. The zipper should run all the way down to the knee or ankle to make

taking it off easier — especially when it's time for a diaper change or potty break. And check that cuffs fit tightly around ankles and wrists to prevent the cold (or snow) from creeping in. Elastic works, but Velcro tabs that let you adjust for a not-too-loose, not-too-tight fit are even better.

A warm hat is tops. A huge percentage of body heat is lost through the head, so a hat is a vital item in a tot's winter-weather wardrobe. (This is especially true if your sweetie has yet to sprout a full head of hair.) Even if her snowsuit has a hood, a close-fitting hat is a better head-heating bet (you can always pull the hood over the hat). A fleece-lined cotton or soft-wool knitted cap with ear flaps is best, and even better if it fastens under the chin.

Choose safe and easy clothing features. Snaps and zippers are really good choices for toddlers, who will likely need constant wardrobe adjustments. If your little one isn't potty-trained, this also makes diaper changes easier. Also avoid ribbons and strings that might unravel or possibly be a choking hazard, especially on loose-fitting hoods.

Your toddler might not notice that she's too hot or too cold because she's too busy having fun. Luckily, by layering your child up, keep her hydrated, taking breaks and knowing the signs that the elements are starting to catch up, you can protect her in any weather conditions

Rugby Midvaal 0/6 A team



Midvaal laerskool se onder 6 rugby span se eerste wedstryd. Mens het die volgende woorde dierbaar, kosbaar, oulik, sweet om maar net 'n paar op te noem.

Hulle hardloop verkeerde rigting of gee die bal aan vir die ander span, of dit is my bal ek hou vir hom vas en niemand gaan hom kry nie, so speel hulle rugby.

Fooi tog dit is te dierbaar, hulle is maar nog bitter klein.

Baie geluk Midvaal julle het so goed gedoen. Elke mamma en pappa kan trots wees op hulle bulletjie.

Kan nie wag vir volgende jaar se wedstryde nie.



MAGAZINE

Media House

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