

Top Vibe

ONLINE

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ISSUE 68

Kids Magazine



In kleur pret...

Protect your child from predators

Top Vibe

ONLINE Kids Magazine

COMMENTS:

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

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EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E-MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

OUR ADVERTISERS:

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2.

FUN FACTS ABOUT :

Learn some facts about a dove

3.

MEDIA HOUSE PROJECTS:

Please support our projects for 2024 .

4.

CUPCAKES FOR CORMED HOSPITAL:

All the Ambassadors from Media House gave cupcake which we handed out.

Next month Is Easter



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 2024.
Taygan Botha, and Celesté Bam

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

Our cover page is girl unknown.

5. MODEL BACK PAGE 20

Back page: Our next Issue is our APRIL Issue.



Photographer: Albertus Kriel
Venue: Turn & Tender Vaalmall

REDAKTEURS NOTA

Liewe maats,

Die skool sluit al amper so dit is nou eksamen tyd so leer hard en dan kan julle bietjie ontspan.

Ons Valentyns bederf aan Cormed hospitaal personeel en pasiete was baie pret. Hulle het dit net so baie geniet soos ons.

Het jy al ons tydskrif afgelaai? Nog nie

Vra ma of pa om die tydskrif vir jou af te laai by www.topvibe.co.za of gaan na ons Facebook blad. Facebook: <https://www.facebook.com/Vibekids.britz> sodat jy niks mis nie.

Het jy al ingeskryf vir ons voorblad kompetisie? Nog nie, ag nee vra gou vir mamma om te help. Ek wag!!!

Pas julle mooi en soet wees

Tot volgende maand.

Liefde

Charms

OUR AMBASSADORS



CELESTÉ BAM

Terwyl Ollie deur die oerwoud gedraf het, het hy sy maatjie Elsa die hasie ontmoet. Elsa kon dadelik sien dat Ollie gelukkig voel. Sy het hom gevra hoekom hy so vrolik is. Ollie het geantwoord: "Ek is bly, want die son skyn, en ek kan die dag saam met my maatjie spandeer!"

Saam het Ollie en Elsa deur die oerwoud gespring en gespring, liedjies gesing en speletjies gespeel. Ollie se hartjie is vol geluk, en sy slurp swaai van een kant na die ander kant van geluk.

Maar toe, soos die dag aangegaan het, het donker wolke in die lug begin saampak. Die eens sonnige dag het gou donker geword, en Ollie se bui het begin verander. Sy hartjie het begin seer raak, en kort voor lank het trane sy oë gevul.

Elsa het Ollie se skielike hartseer opgemerk en hom gevra wat fout is. Ollie het gesnuif en gesê: "Ek is hartseer, want die reën kom, en ek wou heeldag buite speel." Elsa het Ollie 'n drukkie gegee en hom daaraan herinner dat reën ook lekker kan wees. Hulle het besluit om 'n skuiling te bou en speletjies binne te speel totdat die reën verby is.

Terwyl hulle gewag het dat die reën ophou, het Ollie se hartseer stadig verdwyn. Hy het besef dat selfs wanneer dinge nie verloop soos hy beplan het nie, hy steeds geluk kon vind deur tyd saam met sy maatjie Elsa deur te bring.

Net toe hulle gedink het die reën sou nooit ophou nie, het die wolke geskei, en 'n reënboog verskyn in die lug. Ollie se oë het geblink van opgewondenheid toe hy die pragtige kleure van die reënboog sien. Hy spring toe sommer op en af van blydschap.

Van daardie dag af het Ollie geleer dat dit goed is om verskillende emosies te voel, of dit nou geluk, hartseer of opgewondenheid is. En wanneer hy 'n maatjie nodig gehad het om sy gevoelens mee te deel, was Elsa altyd daar vir hom.

Die einde.

Tot volgende maand maats!

Celesté Bam



Hallo dear readers,

The Cape Town International Jazz Festival:

The Cape Town International Jazz Festival is an annual celebration of music that takes place in the beautiful city of Cape Town, South Africa. Known as Africa's Grandest Gathering, this festival brings together jazz enthusiasts from all over the world for two days of incredible performances and unforgettable experiences.

With multiple stages and a lineup that showcases both local and international talent, the festival offers a diverse range of jazz styles, from traditional to contemporary. Attendees can expect to be mesmerized by the smooth melodies, soulful rhythms, and electrifying energy that fill the air.

Apart from the music, the festival also features a variety of food stalls, craft markets, and art exhibitions, creating a vibrant and festive atmosphere. It's a chance for music lovers to come together, connect, and celebrate the universal language of jazz.

Whether you're a die-hard jazz fan or simply looking for a memorable cultural experience, the Cape Town International Jazz Festival is a must-attend event that promises to leave you inspired and uplifted.

Love Taygan



TAYGAN BOTHA

Emmosionele intelligensie:

Wat is dit en hoekom is dit belangrik om vir kinders van vroeg af te leer?



CELESTÉ BAM

Emosionele intelligensie, is 'n belangrike vaardigheidstel wat die vermoë insluit om beide ons eie emosies en die emosies van ander te kan herken, verstaan en te bestuur. In vandag se vinnige wêreld, waar sukses dikwels nie net afhang van akademiese prestasies nie, maar ook van interpersoonlike verhoudings en aanpasbaarheid, word emosionele intelligensie toenemend as 'n fundamentele bate erken. Wanneer dit by jong kinders kom, speel ouers 'n deurslaggewende rol in die koestering en bevordering van die ontwikkeling van emosionele intelligensie vanaf die vroegste stadiums van die kind se lewe.

Van babajare tot adolessensie ondergaan kinders aansienlike emosionele en sosiale groei, wat dit noodsaaklik maak vir ouers om aktief emosionele intelligensie te onderrig en te modelleer. Hier is 'n paar belangrike redes waarom emosionele intelligensie noodsaaklik is vir ouers om hul kinders in te boesem:

Gesonde Verhoudings:

Emosionele intelligensie vorm die hoeksteen van gesonde verhoudings. Om kinders te leer om hul eie emosies te herken en te verstaan, stel hulle in staat om effektief te kommunikeer, konflikte vreedsaam op te los en empatie met ander se perspektiewe te hê. Deur empatie en aktiewe luister te toon, kan ouers kinders help om sosiale interaksies te navigeer en sterk, betekenisvolle verbindings met eweknieë en volwassenes te bou.

Veerkrachtigheid: Die lewe is vol op en af, en die ontwikkeling van veerkrachtigheid is noodsaaklik om uitdagings en terugslae te navigeer. Deur emosionele intelligensie te bevorder, rus ouers kinders toe met die gereedskap om stres te hanteer, aan te pas by verandering en terug te bons van

teëspoed. Om kinders aan te moedig om hul gevoelens openlik uit te druk en om hulle van ondersteuning en bekragtiging te voorsien, help om veerkrachtigheid en 'n positiewe uitkyk op die lewe te kweek.

Selfbewustheid en selfregulering:

Emosionele intelligensie bemagtig kinders om 'n dieper begrip van hulself te ontwikkel, insluitend hul sterkpunte, swakpunte en waardes. Deur selfrefleksie en bewustheidspraktyke aan te moedig, kan ouers kinders help om selfbewustheid en selfregulering te kweek, wat hulle in staat stel om hul emosies effektief te bestuur en ingeligte besluite te neem.

Kom ons ondersoek nou 'n paar praktiese strategieë om emosionele intelligensie aan kinders in verskillende stadiums van ontwikkeling te onderrig:

Van geboorte tot ouderdom 3:

- Reageer dadelik op jou baba se leidrade en behoeftes, wat 'n gevoel van veiligheid en vertrouwe bevorder.
- Benoem jou baba se emosies (bv. "Jy lyk gelukkig as jy die hondjie sien!") om hulle te help om hul gevoelens te verstaan en uiting te gee.
- Gebruik eenvoudige taal om emosies te beskryf en moedig nabootsing van gesigsuitdrukings aan.

Ouderdomme 4 tot 6:

- Leer basiese emosie-woordeskat en help kinders om hul eie emosies en dié van ander te identifiseer deur boeke, speletjies en storievertelling.
- Model positiewe hanteringstrategieë, soos om diep asem te haal of tot tien te tel wanneer jy ontsteld voel.
- Moedig perspektiefneming aan deur vrae te vra soos: "Hoe dink jy voel jou maatjie wanneer jy jou speelgoed deel?"

Ouderdomme 7 tot 10:

- Betrek kinders by probleemoplossingsbesprekings om hulle te help om konflikte te navigeer en verskillende standpunte te verstaan.
- Oefen aktief luister en bevestig jou kind se gevoelens, selfs al stem jy nie met hul perspektief saam nie.

- Moedig empatie aan deur kinders te betrek by dae van vriendelikheid en gemeenskapsdiens.

Ouderdomme 11 tot 13:

- Kweek onafhanklikheid en verantwoordelikheid deur kinders toe te laat om ouderdomsgesikte besluite te neem en uit hul foute te leer.
 - Bespreek die belangrikheid van selfgeldende kommunikasie en grensstelling in die handhawing van gesonde verhoudings.
 - Modelleer effektiewe streshanteringstegnieke en moedig stokperdjies of aktiwiteite aan wat ontspanning en selfversorging bevorder.
- Ten slotte, emosionele intelligensie lê die grondslag vir sukses en welstand op alle terreine van die lewe. Deur die ontwikkeling van emosionele intelligensie van jongs af te prioriteer en dit by alledaagse interaksies en aktiwiteite in te sluit, kan ouers hul kinders bemagtig om emosioneel, sosiaal en akademies te floreer.





Top Vibe

Kids Magazine

All ages Photogenic & Cover Page Competition.

Name & Surname..... Age:.....
Contact Number.....

POPI Act: I.....give Top Vibe Kids Magazine permission to publish my photo.
Panel of Judges the Judges decision is final.
Winner will be on the April Cover.

How to enter:

- 1. Entry form
- 2. Send 2 x funny photos
- 3. Proof of payment to admin@topvibe.co.za

Bank details:
Mrs. C. Mulder
Standard Bank
Acc: 10 13248 3317
Ref: Name & Surname.

ENTRIES IS OPEN

**CLOSING DATE
24 MARCH 2024**

ENTRY FEE R150

Cell: 072 768 8582

In kleur pret...



Protect your child from predators

Five Ways Parents Can Deter Predators.

Show that You're A Loving and Attentive Parent.

Be a parent that trusts their gut and isn't afraid to say what needs to be said.

Respect and Listen To Our Child.

Be the Person Person That's Not Afraid To Say It.

Be The First Line of Defense.

Encourage children to speak up. Teach your child about boundaries. ...

Teach your child how to talk a bout their bodies. ...

Be available. ...

Let them know they won't get in trouble. ...

Give them the chance to raise new topics.

What do predators look for in children?

Predators target children perceived as vulnerable to easily gain access to them and their families and/or community. This may include children who lack adult supervision, have parents with drug or alcohol addiction issues, and/or those who have been physically, mentally, or psychologically abused.

Why do predators go after children?

Predators seek out potential victims by looking for children they think are vulnerable, easy targets, or less likely to report abuse (Arévalo, et al., 2014; van Dam, 2001). More

specifically, predators look for children who:

- Are looking for attention. Need someone to listen to them.

How do I protect my child from being groomed?

Keep personal information private. ...

Privacy settings. ...

Reviewing apps, site, apps and games they use. ...

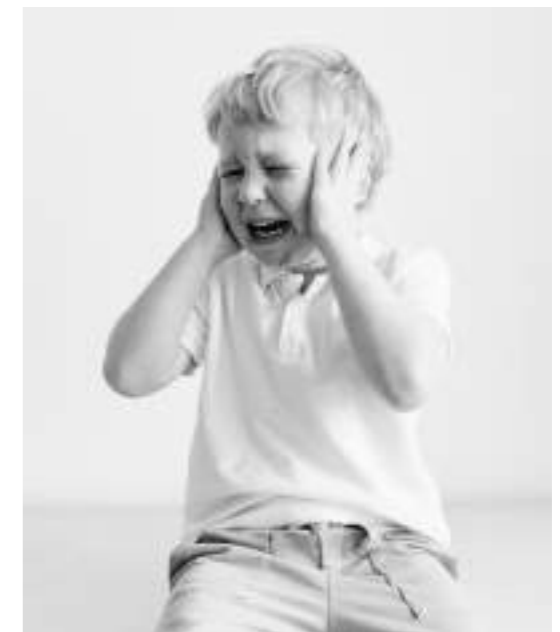
Know who their friends are. ...

Stay safe online and in real life.

Encourage children to talk to someone. ...

Blocking software. ...

Negotiating the gaming world.



Chef Tommy



Rooster broodjie

Maklik en vinnig om te maak.

Jy benodig.

2 x snye brood
Botter vir smeer
Gerasperde kaas

Smeer die brood botter in alby kante, sit gerasperde kaas op broodjie sit in die rooster en rooster tot goud bruin.

Vra hulp sodat jy nie brand nie.

Lekker eet....

WhatsApp my met jou prentjie van jou die jellie wat jy gemaak net na 072 768 8582



2024 Projects



Kom bak en brou saam met my!

Facts about a dove

What is special about doves?

Dove Facts: Lesson for Kids - Lesson | Study.com

Doves are common birds with a very symbolic history. Many religions and cultures celebrate doves as a symbol of peace. The Christian religion uses the dove as a symbol of God, while other cultures release doves into the sky at ceremonies, weddings, and other important events.

What are 5 characteristics of a dove?

All doves and pigeons have relatively small heads, short beaks, and stubby legs. They tend to have plump, rounded bodies. Their flight muscles take up about 44% of their body weight. This makes them exceptionally strong fliers.

What do doves live in?

Found in almost any kind of open or semi-open habitat in temperate parts of North America, including forest clearings, farmland, suburbs, prairies, deserts. May be most common in edge habitats having both trees and open ground, but also found in some treeless areas. Avoids unbroken forest.

How many eggs do doves lay?

2 eggs

Nesting Facts

Clutch Size: 2 eggs

Incubation Period: 14 days

Nestling Period: 12-15 days

Egg Description: Unmarked, white.

Condition at Hatching: Helpless, eyes closed, sparsely covered in cream-colored down, unable to hold up head, dependent on adults for warmth.

How do doves mate?

Coos signal the start of mating season - Orange County Register

The female inserts her beak into his and they briefly pump their heads up and down. The female crouches as an invitation for the male to mount. The male begins copulation by mounting the female's back. Mourning doves are seasonally monogamous and may pair up again in subsequent breeding seasons.

How long does a dove sit on her eggs?

Mourning Doves lay 2 white eggs that the doves sit on (incubate) for 14 to 15 days before the dove eggs hatch.

What do baby doves eat?

All About Mourning Dove Eggs and Baby Mourning Doves
crop milk

Male and female adults produce "crop milk," an antioxidant-rich liquid secreted in their throats. The milk is also high in fat and protein. Both parents feed this milky substance to the young while they are still in the nest. Eventually, their diet transitions to seeds, an adult mourning dove's main source of food.

Source: Google



Hand signs when you are in trouble!

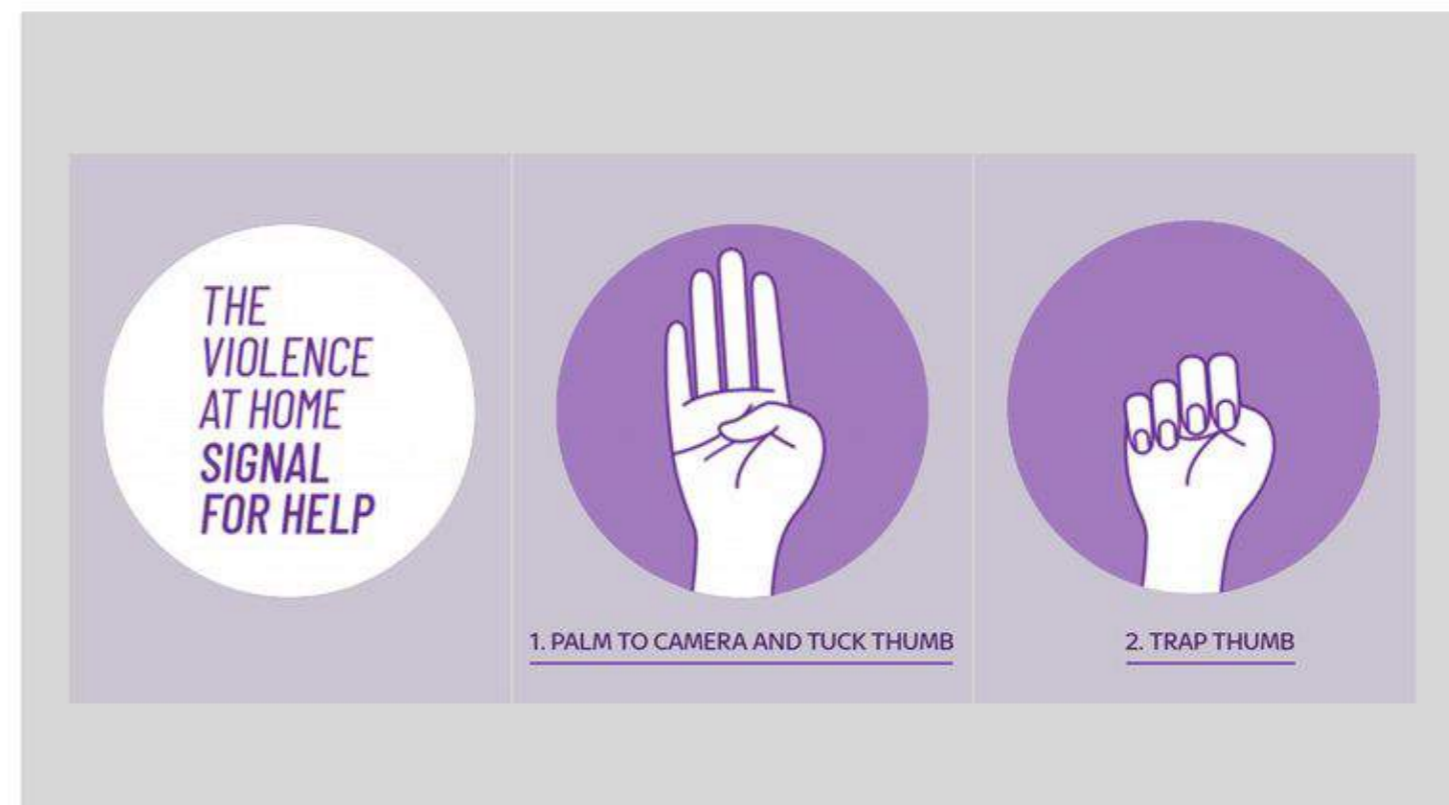
Teach this simple hand signal for help to your students:

Tuck thumb in palm.

Trap thumb with other fingers.

Lift fingers back up (keep thumb in) Repeat.

These signs can save your child's life from trafficking



Cupcakes vir Cormed

Media House spoiled Cormed Hospital Staff, doctors, patients and car-guards with cupcakes for Valintine's day.

Little Tehane Face of Top Vibe Kids Magazine together with Michelle Face of Glamour Magazine handed the cupcakes out at the hospital.

Big thank you to all our Media House Ambassadors for your time, cupcakes and the effort that you all put in to make this project a huge success.



MAGAZINE

Media House



NEXT ISSUE - APRIL 2024

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