

Top Vibe

ONLINE

KIDS MAGAZINE

November 2025

ISSUE 88



*The new Face of the magazine
will be Crowned 8 Nov'25*

Top Vibe

ONLINE Kids Magazine

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OUR ADVERTISERS:

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CROWNING THE NEW FACE OF THE MAGAZINE:

Our new Face will be crowned on 8 Nov' 2025

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FACE OF TOP VIBE KIDS MAGAZINE 2025:

Read about our little Face of Top Vibe Kids Magazine 2025/26



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 Ambassador for 2025. It's their second year as ambassador. Taygan Botha.

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 brother and sister.

5. BACK PAGE 20

Back page: With Christmas around the corner our next issue is the December Issue



Photographer: Albertus Kriel
Venue: Turn & Tender Vaal mall

REDAKTEURS NOTA

Liewe maats,

Die jaar staan einde se kant toe, dit is die laaste kwartaal en om te dink die matrikulante is klaar met hulle skool loopbaan.

Die gesig van Top Vibe Kids Magazine sal die 8st November gekroon word.

Hou die spassie dop vir dinge wat ons beplan en wie ons nuwe gesig van die tydskrif is.

Kom wees deel van die pret, werk hard en wees soet.

Help mamma so bietjie in en om die huis met werkies, julle sal haar hartjie so bly maak.

Geniet November maand !

Liefde

Charms

OUR AMBASSADOR



TAYGAN BOTHA

November in South Africa is National Disability Rights Awareness Month, which runs from November 3rd to December 3rd, and also includes Diabetes Awareness Month and Men's Health Awareness Month (often referred to as Movember).

Other events include the first Saturday of November being National Children's Day and the month-long campaign for Responsible Gambling Awareness. Awareness months in November

National Disability Rights Awareness Month: Runs from November 3rd to December 3rd to raise awareness of disability rights and encourage inclusion.

Diabetes Awareness Month: Focuses on raising awareness about diabetes prevention, management, and support, which is a significant health issue in South Africa.

Men's Health Awareness Month: Also known as Movember, this month highlights men's health issues, particularly prostate cancer, which is a major concern in the country.

National Responsible Gambling Awareness Month: Promotes responsible gambling and awareness of the dangers of excessive gambling.

Take care of your health.

Till next month

Taygan



The new Face of the magazine will be Crowned 8 Nov'25



It is time to say goodbye to our loveley face of Top Vibe Kids Magazine 2025 - *Katlynnne Pienaar.*

Thank you for your dedication, for your time for being part of our Magazine.

It was an hornour to have you as a Ambassador during 2025. May all your dreams come true.

We enjoyed the journey with us and looking forward to meet our next Face of the of Magazine.

Our new Face of Top Vibe Kids Magazine 2026 will be crowned on the 8th of November 2025



Media House Women's day event



Our Women's day event on 4th October, we celebrated Women and support breast cancer awareness.

Carin our Events Ambassador did put an awesome event together. Thank you for supporting our events.



Family should eat together at the table



Whether a family eats dinner together around a table varies; many families do for bonding and a sense of stability, while others don't due to busy schedules, lack of space, or different habits. Despite the different practices, research indicates that eating together offers numerous benefits, such as improved family relationships, better stress management, and opportunities to improve communication and social skills.

Benefits of family dinners

Strengthens family bonds: Shared meals provide a consistent opportunity for families to connect, share stories, and simply enjoy time together.

Improves communication: It can be a forum for talking about the day, planning future events, and discussing any issues that may arise.

Promotes stability and security: Having a regular mealtime together can create a sense of stability and belonging, especially for children.

Develops social skills: Eating together offers a chance to practice table manners, etiquette, and how to have a conversation.

Boosts nutrition: Studies have shown that families who eat together often have better nutritional habits.

Why some families don't eat at the table

Busy schedules: Differing work hours, school, and extracurricular activities can make it difficult to find a time when everyone is free.

Lack of space: Many families, particularly those in apartments, may not have a dining room table that is used for this purpose.

Different family traditions: Some families have grown up with different habits, such as eating in front of the TV or in separate rooms, and this is what they consider normal.

Other priorities: Some parents feel that their children's developmental needs might be met in other ways, and the traditional family dinner isn't the most crucial aspect of a healthy family dynamic.

Ultimately, the decision of whether or not to eat dinner at the table together is a personal one for each family, based on their own circumstances and what works best for them.

Chef Tommy



Kom ons maak roomys

Benodig:

Roomys houer

vrugtesap

**Gooi in roomys houer sit
stokkie in en sit in diepvries,
laat staan oornag.**

Geniet jou roomys.

*Ons bak en brou
Saam met my
maats...*



Kleur

My in



Clean your room daily habits - weekly cleaning

To keep your room clean, create daily habits like making your bed and putting clothes away, and set aside a few minutes each day for tidying up. For weekly cleaning, vacuum or mop, dust all surfaces, wipe down windows and mirrors, and wash your sheets.

Daily habits

Make your bed: Start the day by making your bed to instantly make the room look tidier. **Put clothes away:** Use a laundry basket for dirty clothes and put clean clothes in drawers or closets, not on the floor.

Declutter surfaces: Quickly wipe down and put away items on your desk, nightstand, or dresser so they aren't scattered.

Do a quick tidy: Spend 10–15 minutes each day putting things back in their place, which prevents a large mess from building up.

Weekly cleaning

Wash bedding: Strip your bed and wash your sheets and pillowcases at least every couple of weeks.

Dust surfaces: Use a damp microfiber cloth to dust furniture, shelves, and other surfaces, including light fixtures and ceiling fans.

Vacuum or mop: Vacuum floors and baseboards to collect dirt and dust. Mop hard floors as needed to clean up spills and grime.

Clean windows and mirrors: Wipe down windows and mirrors to remove smudges.

Organizing

Give everything a home: Make sure every item in your room has a designated place to be stored.

Use storage solutions: Store similar

items together in labeled bins or boxes to keep them organized and easy to find.

Plan a deeper clean: Schedule time for bigger tasks like reorganizing your closet or drawers periodically.



When your child is diagnose with cancer

What is the life expectancy of a child with cancer?

On average, about 14% of children die within 5 years of diagnosis. Among those children who survive to five years from diagnosis, 18% of them will die over the next 25 years. The most common causes of death in childhood cancer survivors are: The primary cancer comes back. A second (different) primary cancer forms

What cancer is most common in kids?

Leukemia is the most common cancer in children. It starts in the blood and bone marrow. The most common types of leukemia in children are acute lymphocytic leukemia (ALL) and acute myeloid leukemia (AML).

How does cancer affect children?

Cancer's effect on child development

The impact on development varies depending on the age of the child. Some treatments, such as radiation, chemotherapy and other drugs, can

have long-term effects on memory, learning, concentration and problem-solving, according to the National Cancer Institute. Dr.

How to deal with your child having cancer?

What parents and caregivers can do to cope

Find support from social workers, counselors, nurses, psychologists, and doctors on your child's cancer care team.

Ask for help from family and friends. ...

Find support from trusted faith leaders and get spiritual guidance.

Join a support group.

What is the deadliest cancer for kids?

Brain cancer is also one the deadliest childhood cancers. In fact, it causes more deaths in children than any other type of cancer. Sadly, children with the worst survival rate (about 55%) are those younger than 5 years old.



Children having Asthma it's a chronic condition

Asthma in children is a chronic condition where airways become inflamed and sensitive to triggers like pollen, colds, or exercise, causing symptoms such as coughing, wheezing, chest tightness, and shortness of breath. These symptoms can range from mild to severe and may interfere with daily activities like play and sleep. Management involves avoiding triggers and using prescribed medication, but severe attacks require immediate medical attention.

Symptoms

Coughing: Often worse at night or after exercise. It can be the only symptom in some children.

Wheezing: A high-pitched whistling sound when breathing out.

Shortness of breath: Gasping for air, rapid breathing, or trouble

breathing.

Chest tightness or pain: Some children may complain of a "sore tummy" or tightness.

Fatigue: Feeling unusually tired, possibly from sleep disruption due to breathing difficulties.

Trouble with physical activity: Avoiding sports or showing less energy.

Retractions: The skin between the ribs or neck sinks in with each breath, a sign of working hard to breathe.

Irritability: The child may seem unusually fussy or irritable.

Triggers

Respiratory infections (colds)

Allergens like pollen, dust mites, and pet dander

Certain weather conditions, like cold air

Exercise

Irritants like smoke and strong scents

What to do during an asthma attack

Stay calm: Your calmness can help the child stay calm.

Sit the child up: Do not let them lie down. Have them sit up straight.

Use a quick-relief inhaler: Follow the doctor's instructions for giving puffs of the reliever inhaler (usually blue).

For children under 6: Give 6 puffs over 10 minutes.

For children over 6: Give 10 puffs over 10 minutes.

Seek emergency help: Call for immediate medical help if symptoms are severe, such as if the child's lips or face turn pale or blue, or they are unable to speak more than a few words at a time.

MAGAZINE

Media House



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