

Top Vibe

Kids Magazine

ONLINE

MAY 2026

ISSUE 94

*When should
you start with
homework?*

MEDIA HOUSE FOOD DRIVE
2nd May 2026 - Pappa D's
Vaalpark



**Happy
Mother's Day**

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

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2026 AMBASSADOR

Nombulelo Bless also the Face of
Top Vibe Kids Magaazine.

3.

FOOD DRIVE 2026:

We need your help to collect food
for children in need.

4.

FACTS ABOUT MILK :

Read page 10 for facts about milk

Happy Mothersday



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 NEW Ambassador - Nombulelo Bless

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: Mother and daughter.

5. BACK PAGE 20

Back page: June is the month start of the
winter.



Photographer: Albertus Kriel
Venue: Turn & Tender Vaal mall

REDAKTEURS NOTA

Liewe maats,

Die maand en volgende maand is baie
belangrik op die kalender.

Mei maand is Moedersdag en Junie is
Vandersdag dan kan ons hulde bring ons
ouers. Dit is 'n groot voorreg om ouers te
hê

Ons het ook bietjie pret bl 12 en 13 speel
saam julle gaan dit geniet. Ag, maats dan
wil ek julle hulp vra ons samel weer eens
kos in vir kinders wat nie het nie. Met die
winter wat aankom wil ons graag ook vir
hulle iets warms gee om te eet en te drink.

Vra Mamma of julle iets kan afstaan 'n
blikkie kos, pakkies sop of enige iets wat
nie kan bederf nie.

Dankie dat julle omgee, drukkies en
soentjies

Ek groet nou eers! Tot volgende maand

Liefde

Tannie Charmaine

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OUR AMBASSADOR



Nombulelo Bless

Dear readers,

Next month in South Africa is a mix of school and chill time. We're still in Term 2, so things are kinda busy with work and activities.

A nice break is Workers' Day (1 May), so at least there's a day to relax.

The weather is getting cooler, which is perfect for staying inside, watching movies, playing games, or just hanging out with family.

People are also starting to get ready for Youth Day (16 June), which is an important day for young people.

Overall, it's a good time to focus on school but still enjoy yourself too.

**Top Vibes Kids
Ambassador
Nombulelo Bless**



Media House projects for 2026



Top Vibe Kids Magazine invite the Family to take part in a day full of fun.

Market day : 2 Mei 2026

Venue:

Pappa D's 1 Minnaar str
Vaalpark

Time 10:00 till late

FREE entrance, it's going to be fun

072 768 8582

082 827 6556

Mom bring the family for a fun day!

Media House Food Drive



Top Vibe Kids Magazine - Food drive

We invite our wonderful community to join us in making a difference!

Our Food drive started on 1 February and will run until 30 May 2026

We are collecting non-perishable food items to support underprivileged children in our community.

Every tin, every packet, every donation counts - and together we can bring hope and nourishment to little ones in need.

We kindly ask the public to support this project

Please call Charmaine 072 768 8582 or Carin 082 827 6556

Thank you!

Interesting facts about milk, you did not know



Milk is a nutrient-dense beverage—rich in calcium, protein, and vitamins—that is roughly 87–95% water. A single cow can produce about 8 gallons of milk daily (100 glasses). It is highly versatile, requiring 12 pounds of milk for 1 gallon of ice cream, 21 pounds for 1 pound of butter, and 10 pounds for 1 pound of cheese.

Here are more fun and interesting facts about milk:

Nutritional Powerhouse: Milk is a complete protein, containing all nine essential amino acids. It also provides calcium, Vitamin D, potassium, and Vitamin A.

Longevity: According to the University of the Free State, fresh milk can last up to 10 days in the fridge, while unopened long-life milk lasts up to six months in a cupboard.

University of the Free State
University of the Free State

Production Power: A typical cow produces roughly 3,000 gallons of milk annually.

Natural Color: The fat and protein molecules in milk reflect all light wavelengths, which is why it appears white

Ancient History: Humans have been consuming milk for over 10,000 years.

Hydration: Due to its composition, milk can be a better hydrator than water, as it is retained in the body longer.

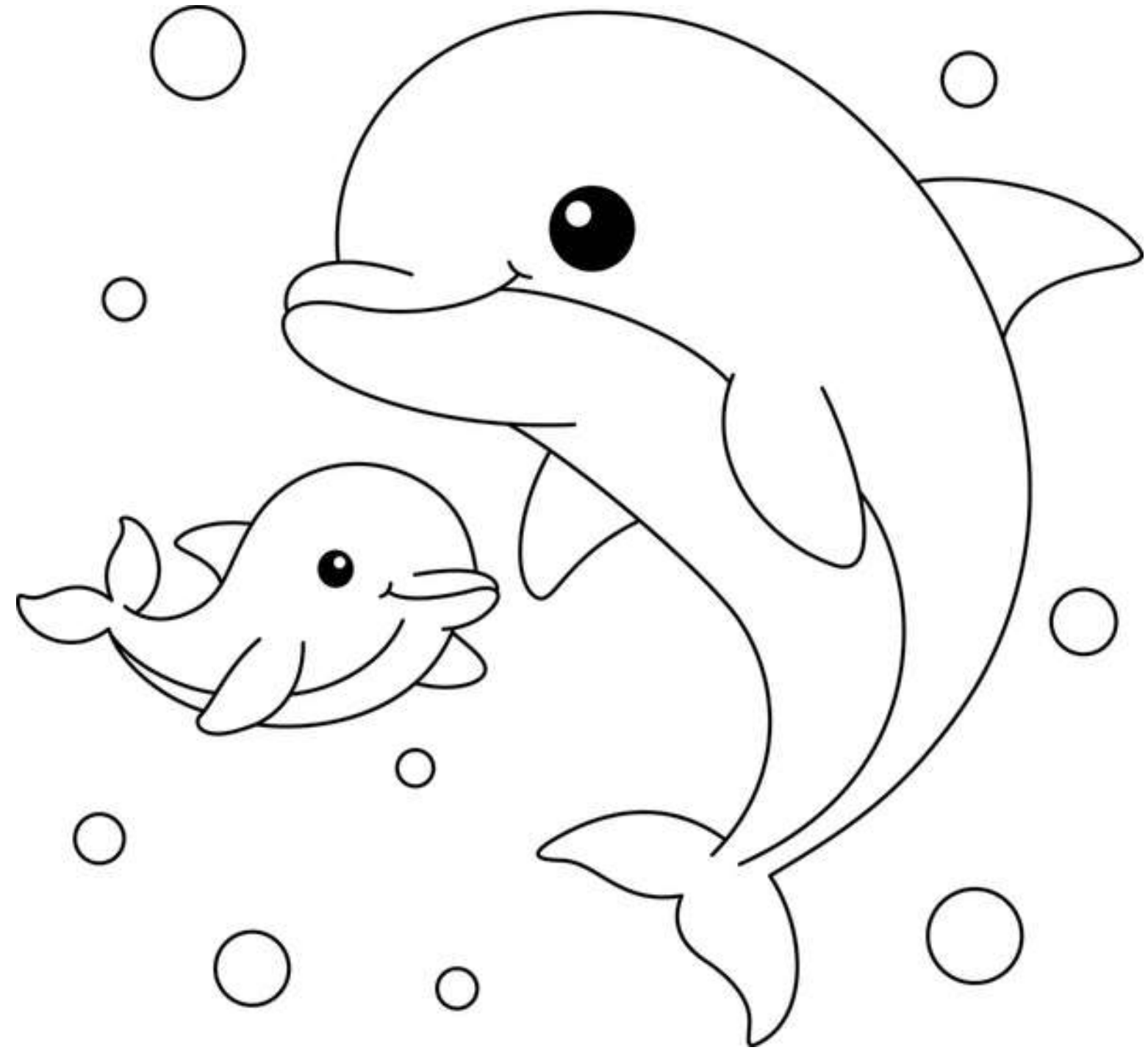
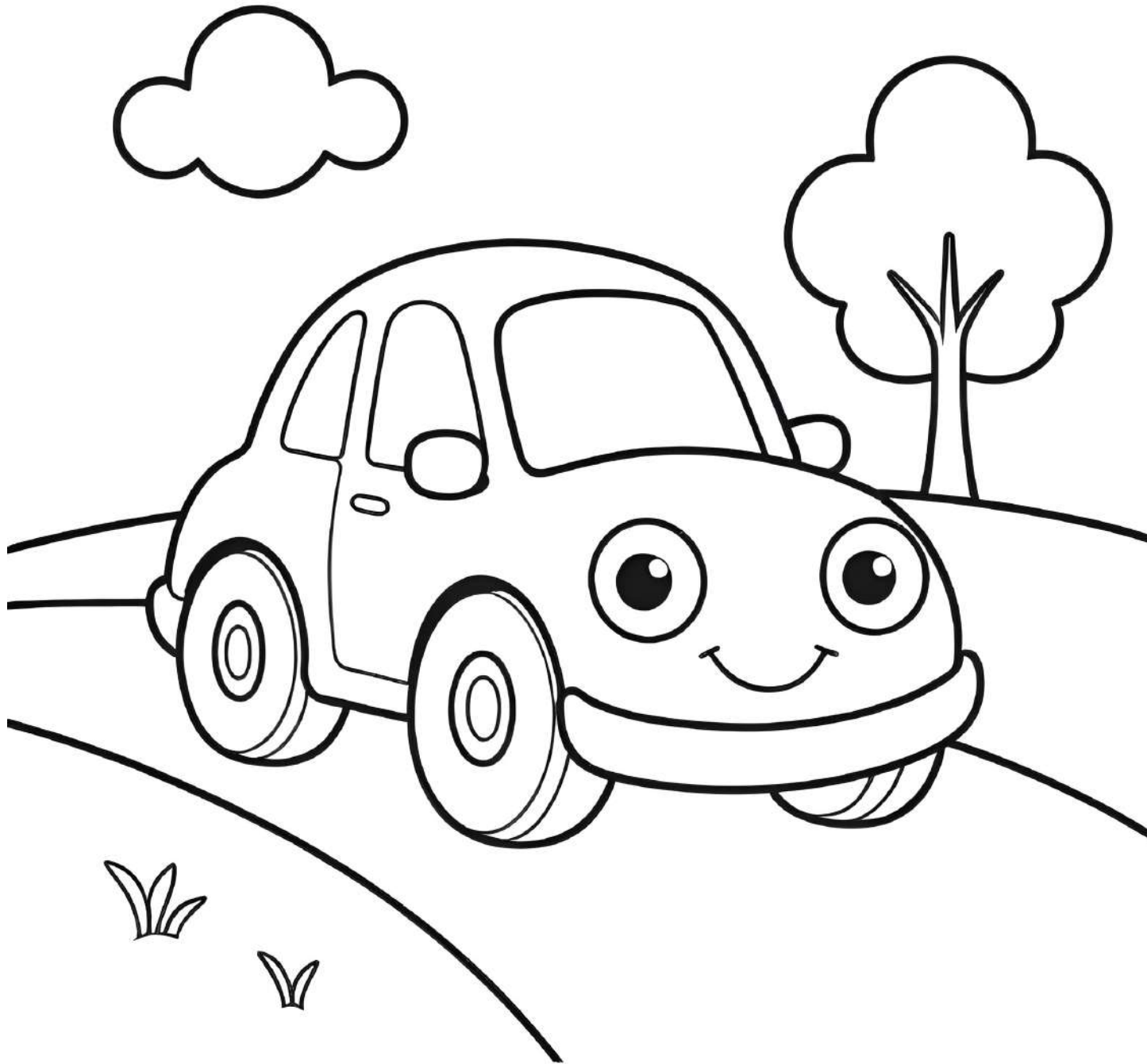
Health Benefits: Milk fat may help raise good (HDL) cholesterol levels, potentially preventing heart disease.

Unique Cows: Similar to human fingerprints, no two cows have the same spot pattern.

Rapid Delivery: Milk often reaches local grocery stores within two days of leaving the farm.

Global Consumption: About 65% of the world's population experiences some level of lactose intolerance

Let's have fun!
Colour in.....



When should you start with homework?

Homework should be completed in a consistent daily routine, ideally after a short break and snack, before they get too tired, or early in the evening. For young children, this should be a 5–10 minute routine, while older students can spend longer. While some debate its early utility, establishing a routine of doing homework is widely seen as crucial for building study skills.

Best Times for Homework

Immediately after school/snack:
Gives children free time later in the evening.

Before dinner: Capitalizes on remaining focus before fatigue sets in.

Structured routines: Including checking bags and working in a quiet space is recommended.

Avoid late nights: Doing homework too late or right before bed inhibits

sleep, which is critical for memory.

Time Guidelines by Grade Level

A common rule of thumb is a maximum of 10 minutes per grade level daily.

Grade R–1: ~5–10 minutes.

Grade 2–3: 15–30 minutes.

Grade 4–5: 25–45 minutes.

Grade 6–7: 35–50 minutes.

High School: 45–60 minutes, increasing for matric.

Parental Involvement and Tips

Be Involved: Check books weekly and communicate with teachers.

Establish Habits: Consistent, short, daily efforts are better than sporadic long sessions.

Encourage Independence: Help them, but let them learn from mistakes.



When a child refuses to eat...

When a child refuses to eat, the best approach is to avoid forcing, bribing, or punishing, which can create negative associations with food, as suggested by this video from Thriving Minds Montessori and Family Dietitians. Instead, maintain a routine with 3 meals and 2-3 healthy snacks, keep mealtime calm, involve them in food prep, and serve small portions, including at least one safe, liked food.

Establish Routine: Set regular meal and snack times to prevent constant grazing and ensure they are hungry.

Remove Distractions: Turn off the TV and put away tablets and phones, including your own, to focus on eating.

No Pressure Strategy: According to Healthline, avoid forcing them to finish plates, as this often

backfires. If they don't eat, calmly remove the food after 20–30 minutes without a fuss.

Include "Safe" Foods: Always include one or two items you know your child generally enjoys.

Repeated Exposure: Keep offering new foods, as it can take 10-15+ tries for a child to accept a new food.

Make it Fun: Vary the colors, textures, and shapes of food.

Model Behavior: Eat meals with your child to demonstrate healthy eating habits.

Avoid Short-Order Cooking: Do not make a separate, special meal if they refuse the first one, as this encourages picky eating, advises Brightwheel.

When to Seek Help:

If your child is losing weight, skipping multiple meals consistently, seems very tired, or if

you are concerned about their growth, it is recommended to speak with a pediatrician, as noted by Verywell Health, Atlas University Hospital, and Brightwheel.



Fun Facts that Children should know!

You travel 2.5 million km a day around the Sun without realising. The Earth's orbit travels around 2.5 million kilometres with respect to the Sun's centre, and around 19 million km with respect to the centre of the Milky Way.

There are more bacterial cells in your body than human cells. The average human is around 56 per cent bacteria. This was discovered in a 2016 study and is far less than the earlier estimates of 90 per cent. As bacteria are so light, however, by weight, each person is over 99.7 per cent

Football teams wearing red kits play better. The colour of your clothes can affect how you're perceived by others and change how you feel. A review of football matches in the last 55 years, for example, showed that teams wearing a red kit consistently played better in home matches than teams in any other colour.

Board games can reduce your risk of dementia. Monopoly, Scrabble, Risk – take your pick. Board games can keep your brain healthy as you age, protecting your brain from cognitive decline and reducing your risk of neurodegenerative diseases such as dementia.

Your nails grow faster in hot summer. This is probably due to increased blood supply to the fingertips. It could also be because you're less stressed while on holiday so less likely to gnaw away at 'em

A penguin can reach depths of 550m in one dive. Typically, emperor penguins (the deepest-diving penguins) plunge to 100-200m, but the deepest penguin dive on record was more than 550m

Animals can be allergic to humans. Animals can be allergic to our dead skin cells – dander. These allergic reactions can be just like ours, too, including breathing difficulties and skin irritation.

MAGAZINE Media House



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