

Top Vibe

Kids Magazine

ONLINE

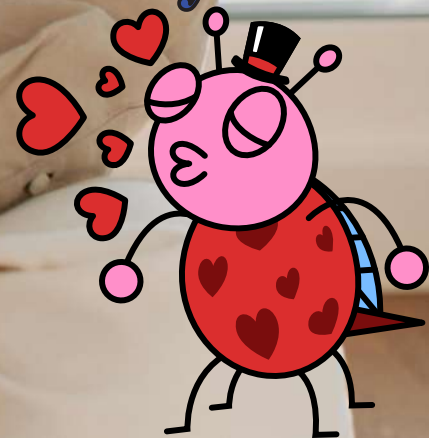
JUNE 2026

ISSUE 95

*Let's have fun.
Page 6-7*

*Interesting facts
about cheese
tell your friends.*

Happy
Father'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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1.

OUR ADVERTISERS:

Support our advertisers they
support
us!

2.

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.

DID YOU KNOW? :

Read page 10 to find out.



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: Little girl in the winter.

5. BACK PAGE 20

Back page: July is the month the heart of the
winter.



Photographer: Albertus Kriel
Venue: Turn & Tender Vaal mall

REDAKTEURS NOTA

Liewe maats,

Dit is amper Vadersdag, het jy al 'n idee wat
jy gaan doen om Pappa se daggie lekker te
maak hom te bederf.

Ons gaan vir julle 'n paar idees gee, wat
bekostigbaar is of selfs nie eers geld gaan
kos nie.

So maats, met die winter hier, vertel ons
bietjie wat julle doen om warm te bly stuur
'n foto vir ons na topvibe.co.za vra mamma
of pappa om te help of WhatsApp na 072
768 8582.

Dit gaan baie pret wees, ons plaas julle foto
in die volgende tydskrif. Gelukkige
Vadersdag aan all die pa's, oupas, ooms en
neefs geniet 'n dag vol bederf.

Ek groet nou eers! Tot volgende maand. Bly
warem en gesond.

Liefde

Tannie Charmaine

OUR AMBASSADOR

Dear Readers,

Father's Day is a special time to honour the fathers and father figures who guide, support, and care for us every day.

Their love, sacrifices, and strength help shape our lives in countless ways.

Today, we as the Top Vibe Family celebrate fathers and thank all the amazing dads for everything they do.

Happy Father's Day!

**Top Vibes Kids
Ambassador**

Nombulelo Bless



Nombulelo Bless

**Happy Father's Day to all our Dad's
Have a super day filled with love.**



Let's have fun....

Top Vibe Kids Magazine invite
You to have fun with us!

1. Take a picture with you
winter outfit.
2. Send your photo via
WhatsApp
3. With your name, surname
and the town you stay in.
4. We will publish it in the
next Magazine

072 768 8582

082 827 6556

Let's Have Fun!

Send your winter look to
 **072 768 8582**

 YOUR NAME AND SURNAME

 THE NAME OF THE TOWN YOU STAY

 ALL AGES

 CLOSING DATE: **5 JUNE 2026**

 WE WILL PUBLISH YOUR PHOTO IN
TOP VIBE KIDS MAGAZINE

Media House Soup & Bread



Soup & Bread
for the elderly

**We need you help,
PLEASE MAKE A DONATION.**

 Your kindness
brings warmth,
dignity & hope.

 **DATE TO SERVE
THE ELDERLY
11 JULY 2026**

 **TOGETHER,
we can make a
BIG DIFFERENCE.**

 **072 768 8582
OR
082 827 6556**

 **Share kindness.
Share hope.
Share a meal.**

 Every
bit helps
a lot!

Top Vibe Kids Magazine - Soup & Bread
We invite our wonderful community to join us in making a difference!

We will serve the elderly with soup & bread

We are collecting non- perishable food items to support underprivileged Children and elderly in our community.

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

We kindly ask the public to support his project

Please call Charmaine 072 768 8582 or Carin 082 827 6556

Thank you!

Interesting facts about cheese tell your friends.



Cheese is a 7,000-year-old, nutrient-dense food with over 1,800 varieties globally, produced from the milk of cows, goats, sheep, and others. It is technically the most stolen food item in the world. Popular types like mozzarella are favorites worldwide, while Pule is the most expensive, and some aged cheeses contain low lactose.

Fun Cheese Facts

History & Origins:

Cheesemaking dates back over 7,000 years, potentially starting when milk was stored in animal stomach pouches.

Production & Volume:

Over 20 million metric tons of cheese are produced annually worldwide.

Most Stolen Food:

According to a 2011 study, cheese is the most frequently stolen food item globally, often more than alcohol.

Expensive Cheese:

Pule cheese, made from Balkan donkey milk in Serbia, is one of the world's most expensive, costing over \$600 per pound.

Hardest Cheese:

Chhurpi, a traditional cheese from Tibet, Nepal, and Bhutan, is considered the hardest in the world.

Health & Science

Nutrient-Dense:

Cheese is a good source of calcium, phosphorus, and protein.

Tooth Decay Protection:

Mozzarella, cheddar, and Swiss can help reduce tooth decay by balancing mouth pH.

Lactose Tolerance:

Highly aged cheeses like Parmigiano-Reggiano contain very little lactose, making them suitable for some who are lactose intolerant.

Brain Chemistry:

Cheese can trigger the release of dopamine and contains phenylethylamine, which contributes to feelings of happiness.

Tyrosine Crystals:

The white crunch in aged cheese is not mold, but tyrosine crystals that develop over time.

First Factory: The first commercial cheese factory was established in Switzerland in 1815.

Most Popular: Mozzarella is arguably the world's most popular cheese, largely due to its use on pizza.

Odd Milk Sources: While mostly cow, goat, or sheep, cheese is also made from reindeer and yak milk.

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



Teaching kids to share builds emotional skills.

Teaching kids to share builds essential social-emotional skills, fostering empathy, kindness, and emotional regulation. Sharing helps children learn to manage frustration, take turns, and develop deeper, more positive relationships with peers, which is crucial for their social development.

Builds Empathy: Sharing helps children understand that others have wants and needs.

Fosters Social Skills: It promotes cooperation, turn-taking, and positive social interaction.

Develops Emotional Resilience: It helps children manage emotions when they have to wait for a turn or don't get their way immediately.

Prevents Selfishness: It teaches that it is not all about them, preventing self-centered behaviors.

How to Encourage Sharing:

Encourage Turns: Frame sharing as taking turns, rather than just giving something away.

Use Visual Timers: Use a timer to help kids know when it is their turn to play with a sought-after toy.

Model the Behavior: Demonstrate sharing in everyday life.

Respect Boundaries: If a child is not ready to share a special item, put it in a safe spot and encourage them to try when they are ready.

Praise Sharing: Acknowledge and encourage when your child shares.

Sharing is a difficult concept for young children, so patience and consistent, positive encouragement are key

Why is it important for children to learn to share?

Sharing is a really important 'skill' for children to acquire. It helps them connect with others and it is an important part of being able to form good social relationships based on co-operation. But, as anyone who spends time with toddlers and young children will know, it isn't always something they find easy!

Should you encourage children to share?

Sharing is a skill which every child has to learn. They will understand the concept of sharing at around age 3-4 but that doesn't mean they will always do it. Your child may still put their own needs first and have impulses that can often take over.

Spoil Dad on Father's Day

Spoil Dad on Father's Day by tailoring the day to his interests, such as preparing a gourmet breakfast, organizing a backyard braai/ barbecue, or planning an outdoor adventure like hiking or golf. Meaningful gifts include personalized items, hobby-related gear, or a curated hamper of his favorite snacks and drinks.

Celebrate Father's Day without spending money by focusing on heartfelt gestures, acts of service, and quality time. Top no-cost ideas include writing a heartfelt letter, offering a "car wash" or chores, creating homemade photo

displays, planning a hike, or hosting a DIY home games night.

Shoot Some Hoops. You paid good money for that basketball hoop in the driveway, so don't just let it rust. ...

Play a Board Game. ...

Make His Favorite Meal. ...

De-Mystify Technology. ...

Watch His Favorite Movie. ...

Watch the Game. ...

Fire Up the Barbecue. ...

Mow the Lawn.

From a classic mug with a family photo and a message on it to personalized desk art that'll remind him of his

loving family every day at work, your dad is sure to appreciate his gift.

Tell Dad you love him, and give him a hug and a kiss.

Tell Dad you appreciate that he take care of you.



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



NEXT ISSUE - JULY 2026
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