Top Vibe

Kids Magazine

ONLINE
OCT 2026
ISSUE 99



Let's have fun this summer

Barefoot or Shoes?
What Is Best for Your Child?

INDEX

CONTENT

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ONLINE
Kids Magazine

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MEDIA HOUSE:
TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
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1.

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2026 AMBASSADOR

Nombulelo Bless also the Face of Top Vibe Kids Magaazine.

3.

FACE OF THE MAGAZINE 2027:

See page 7 hope that you have entered.

4.

DID YOU KNOW THE FACTS? :

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: Children having fun

5. BACK PAGE 20

Back page: Our October issue



Photographer: Albertus Kriel
Venue: Turn & Tender Vaalmall

REDAKTEURS NOTA

Liewe maats,

Kan jy glo dit skool sluit al weer, tyd gaan so gou verby.

Ek hoop julle gaan die vakansie geniet. Binnekort is die laaste eksamens hier en dan kan ons uitsien na Kersfees ek kan nie glo die jaar is amper verby nie.

Ek hoop julle het al ingeskryf vir die nuwe gesig van die tydskrif.

Soet wees, tot volgende maand.

Neem deel aan die pret, wat ons vir julle bring.

Liefde

Tannie Charmaine



OUR AMBASSADOR



Nombulelo Bless

Dear Readers,

Hallo dear friend, aree you 10 or 11 years old?

Then this is for you. Please enter our competition by telling us about your dream holiday.

Best three (3) letter will be published in this magazine.

The winner will receive a hamper to the value of R200.

Our deadline 13 November 2026.

Take care till next month

Top Vibes Kids Ambassador

Nombulelo Bless





Let's have fun this summer

Hurry and enter before the
13 November 2026
Let’s have fun together!!
Write a story about year
dream holiday

We will published the best
3 letters in the December
Magazine. The winner will
receive a hamper value
R200.
Age: 10 -11

Charmaine 072 768 8582
Carin 082 827 6556



Media House Face of Top Vibe Kids Magazine



The 2026 Face of Top Vibe Kids Magazine, must hand over the title to our new Face for 2027.

There is still time to enter closing date was 25 Sep 2026

Winner to be announced 10 Oct 2026

Please call Charmaine 072 768 8582
or Carin 082 827 6556 for More information on this.

Thank you!
Media House

Children’s Clothing: Buy Smart, Not More

When you have a baby or young child, it is very easy to get carried away when buying clothes. Those tiny outfits are adorable, and before you know it, the cupboard is overflowing! The problem is that babies grow so quickly that some outfits may only be worn once—or never at all.

So, how much clothing does a child really need?
Buy for their lifestyle
Before buying something, ask yourself: “How often will my child actually wear this?”
For babies, practical everyday clothing is usually more useful than lots of fancy outfits. Bodysuits, comfortable pants, sleepwear, T-shirts, socks and weather-appropriate clothing should make up most of the wardrobe.
Keep a few special outfits for birthdays, family photographs and special occasions, rather than buying a whole cupboard full.

Don't buy too far ahead
It can be tempting to buy clothes in bigger sizes because you think your child will eventually wear them. But children don't all grow at the same rate, and seasons change. You could end up with winter clothes that no longer fit when winter arrives!
Buy a reasonable amount in the current size and replace items as your child grows.

Cheap, expensive or branded?
The most expensive clothing isn't necessarily the best choice for a growing child.
Look for good-quality, comfortable and durable clothing at a price you can afford. A reasonably priced T-shirt that survives many washes can be a much better investment than an expensive designer outfit that is worn twice.
For babies and toddlers especially, comfort, easy washing and practicality should come before labels.
Think about the washing basket!
A simple wardrobe can make life much easier. You need enough clothing to get through a few days between washes, but not so much that drawers are packed with clothes your child hardly wears.

A useful approach is to have:

Everyday play clothes
Sleepwear
Underwear and socks
A few warmer or cooler-weather outfits
A few special-occasion outfits
Shoes suitable for everyday activities and special occasions
Second-hand can be a great option
Children's clothing is often outgrown while it is still in excellent condition.
Buying pre-loved clothing from friends, family, charity shops or reputable second-hand sellers can save money and reduce waste.
And don't forget to pass your own child's good-condition clothes on to another family when they have outgrown them.

Before you buy, ask yourself...
Does my child need it?

Will they wear it more than once?
Is it comfortable?
Is it practical for their age?
Can I wash and care for it easily?
Am I buying it because they need it—or simply because it is cute?
Children don't need a wardrobe full of expensive labels. They need clothes that are comfortable, practical, suitable for the weather and easy for parents to maintain.

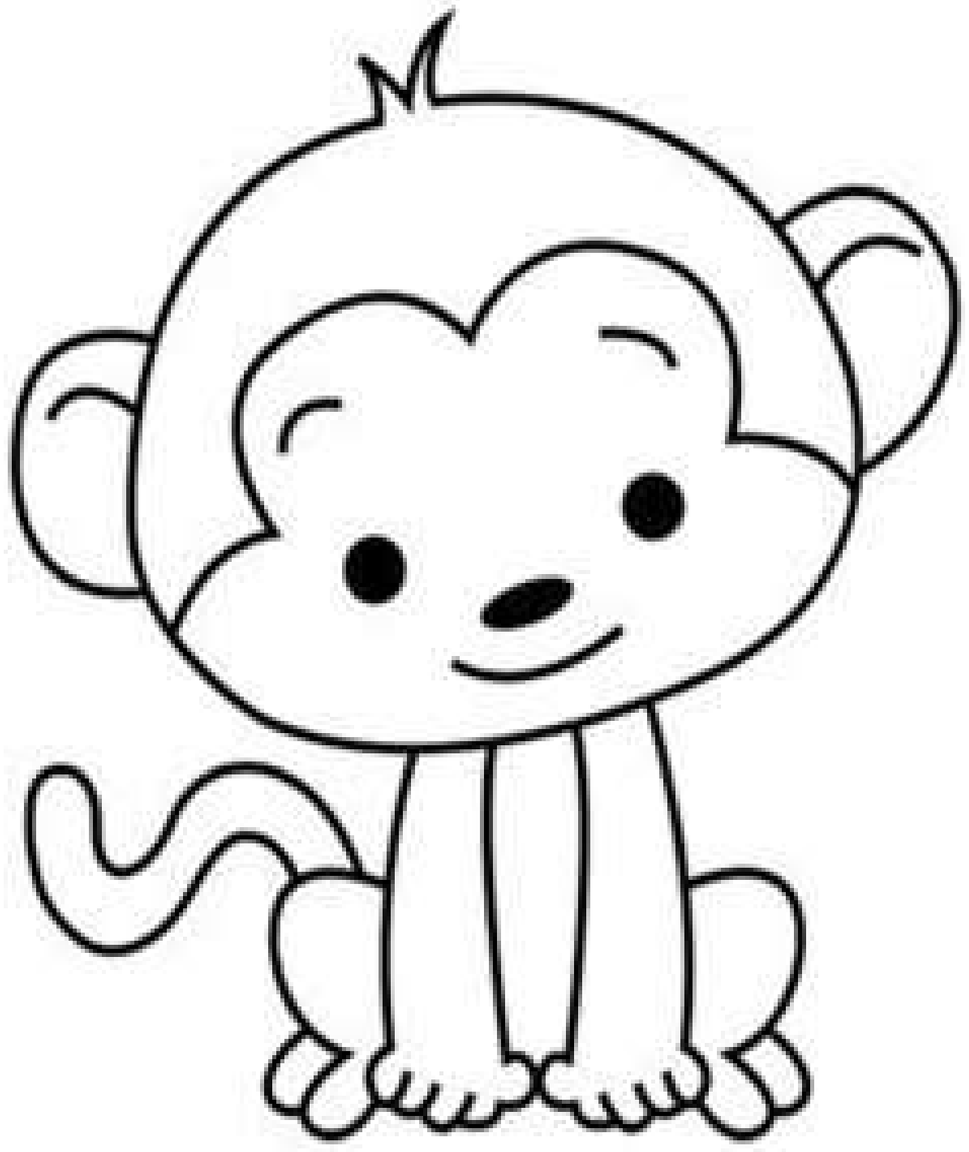
The goal isn't to buy the cheapest clothes or the most expensive clothes. The goal is to buy the right clothes in the right quantity—and enjoy watching your child grow without wasting money along the way.

Add a simple baby clothing checklist
Add safety checks for baby clothes
Make the opening more attention-grabbing.



Kom ons kleur in...





Barefoot or Shoes? What Is Best for Your Child?

Have you ever wondered whether your child should be wearing shoes all day, or whether going barefoot is actually good for them? The answer is: children need both—but there is definitely a place for going barefoot!

For young children, spending some time barefoot can help them develop awareness of how their feet move and interact with the ground. Feeling different surfaces under their feet can also encourage natural movement and balance.

So, should children wear shoes every day?
Yes, when protection is needed. Shoes protect little feet from hot surfaces, sharp objects, rough ground, cold weather and injuries. Children should wear appropriate footwear outdoors when the environment could be unsafe.

But there is usually no need for children to wear shoes every minute of the day. At home, in a safe environment, going barefoot can be perfectly healthy.
What about growing feet?

Children's feet are constantly growing and developing, so shoes should fit properly. Shoes that are too small, too tight or uncomfortable can interfere with natural movement.

When buying children's shoes, look for:
Enough room for the toes to move freely.
A comfortable, well-fitting heel.
Flexible soles that allow natural foot movement.
Shoes that are appropriate for the activity.
Regular checks of their shoe size, because children can outgrow shoes surprisingly quickly.

Don't force shoes when they don't need them
Some parents worry when their children want to run around barefoot. If they are indoors or in a safe area, there is generally no reason to panic.
Think of it this way: barefoot when it is safe, shoes when protection is needed.

The goal isn't to keep children's feet covered all day. It is to give their feet the freedom to move naturally while protecting them when necessary.
And remember—children don't need the most expensive shoes. Comfort, correct fit and safety are far more important than a fashionable brand.

Little feet are growing every day. Let them move, explore and develop—while giving them the right protection when they need it.





Lunchboxes That Come Home Empty!

Every parent knows the feeling: you pack a lovely lunchbox in the morning, only to find almost everything still inside when your child comes home! Some children simply don't feel hungry, some don't like what was packed, and others enjoy sharing their lunch with friends.

So, how can parents make lunchbox time easier — and more enjoyable?

👧 Let your child have a say
Children are much more likely to eat food they helped choose. Give them two or three healthy options and let them pick what goes into their lunchbox. This gives them a little independence while still keeping the choices nutritious.

🍎 Keep portions child-sized
A huge lunchbox can feel overwhelming. Rather pack smaller portions and include a few different foods. For example:
A small sandwich or wrap
Sliced fruit
Cucumber or carrot sticks
Cheese cubes
Yoghurt
A small handful of nuts or seeds, if the school allows them
A homemade muffin or other small treat
Remember, children don't necessarily need an adult-sized lunch.

🌈 Make it colourful and interesting
Children eat with their eyes too! Cut sandwiches into fun shapes, add colourful fruit, or put different foods into separate compartments. You don't need to make fancy creations every day — sometimes simply making the lunchbox look colourful is enough.

💖 Don't pack only "healthy" foods they dislike
A lunchbox shouldn't become a daily battle. If your child hates a particular food, find a healthier alternative they actually enjoy. The goal is to create a lunchbox that is nutritious and appealing.

🥪 Find out what is coming back
If your child's lunchbox regularly comes home full, don't simply pack the same thing again. Ask them gently:
"What didn't you enjoy?"
Maybe the sandwich became soggy, the fruit was difficult to eat, or they simply don't like that particular food.
Children's tastes change, so keep trying different foods without turning lunchtime into a fight.

🤝 What about sharing with friends?
Sharing can be a lovely part of friendship, but parents should know what their child is actually eating. Some schools also have rules about sharing food because of allergies and other dietary concerns.
Teach children that they should not swap or share food without permission, especially if someone has a food allergy or special dietary needs.

💧 Don't forget water!
A bottle of water should be part of the lunchbox routine. Children can become distracted at school and forget to drink, so make drinking water easy and routine.

⭐ The secret to the empty lunchbox.

There isn't one magical food that every child will eat. The trick is to combine foods your child enjoys with nutritious choices, keep portions realistic, offer variety and involve your child in choosing.
And don't be too disappointed if the lunchbox isn't empty every single day. Children have different appetites, and some days they simply eat more than others.
The real goal isn't an empty lunchbox at all costs — it's a child who is learning to enjoy food, listen to their hunger and make healthy choices.
If you'd like, I can also make this into a "10 Lunchbox Ideas Kids Will Love" article with actual Monday-to-Friday lunchbox combinations.



Fun Facts that Children should know!

🐝 Honey can last a very, very long time!
When stored properly, honey can remain edible for an incredibly long time because it has properties that make it difficult for bacteria to grow.

🐘 Elephants can't jump!
They can run, swim and move surprisingly quickly, but all four of their feet cannot leave the ground at the same time.

🦈 Sharks are older than trees!
Sharks have been swimming in Earth's oceans for hundreds of millions of years—long before the first trees appeared.

🍌 Bananas are berries—but strawberries aren't!
Botanically speaking, bananas fit the definition of a berry, while strawberries do not. Strange, isn't it?

🦋 Butterflies taste with their feet!
They have taste receptors on their feet that help them identify plants.
.
Both humans and giraffes usually have seven cervical

🐌 Some snails can sleep for a very long time.
Certain species can enter long periods of dormancy when conditions aren't suitable.

🌈 A rainbow is actually a full circle!
From the ground, we usually see only part of it. From high enough above the ground, such as from an aircraft, a rainbow can sometimes appear circular.

🌙 The Moon is slowly moving away from Earth.
It moves away by about 3.8 centimetres each year.

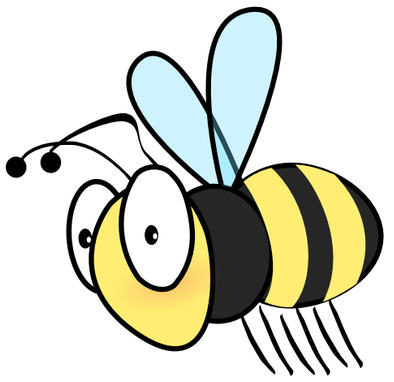
🐧 Not all penguins live in freezing Antarctica.
Some penguin species live in much warmer places, including parts of southern Africa!

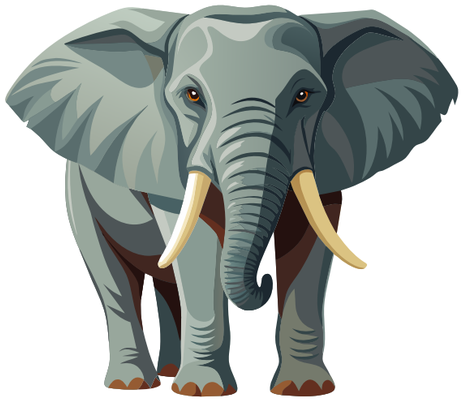
🦉 Owls can't move their eyes like we do.
Instead, their eyes are held in place, so they turn their heads to look around.

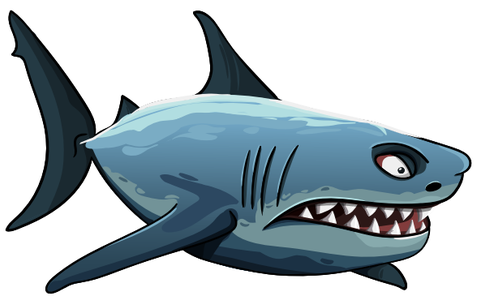
🐜 Ants are incredibly strong for their size.
Some species can carry objects many times heavier than their own body weight.
🤔 NOW IT'S YOUR TURN!
Pick your favourite fact and tell someone else about it.











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