



# THE BENBANNER

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'EGYPTIAN HANDS' PLATFORM  
MARKETS HANDICRAFT  
PRODUCTS IN ASWAN

Climate Summit 2022

Tips To Be Hydrated

Enjoy Summer  
With Your Kids



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ENVIRONMENT  
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MAGAZINE



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# The Mayor of Gwangju, South Korea, Visited The Benban Solar Energy Project



The General Coordinator of the Solar Energy Project received a delegation from South Korea, led by the Mayor of Gwangju, Ambassador Yoon Yew-chul, accompanied by Dr. Ahmed Farman, Advisor to the Governor for Tourism and Antiquities, and Dr. Mervat Al-Samman, Coordinator of International Relations. They visited the project site and discussed ways of cooperation between the two countries in the field of solar energy.

Major General Ashraf Attia, Governor of Aswan, had confirmed during his meeting with Mayor Yoon Yew-chul and his accompanying delegation that the friendly relations between the two countries will contribute to establishing a true partnership based on common interests and exploiting the economic, tourism and cultural potentials in the two cities, Gwangju and Aswan.

Ambassador Yoon Yew-chul praised the warm reception and the opportunity to view the tourism, economic, cultural and heritage components that are unique to the city of Aswan, which opens the door to constructive cooperation in all fields with Gwangju, which is the sixth largest city in South Korea with a population of 1.5 million people, explaining it is also considered a modern economic city, and has unique tourism potentials, as well as important industrial capabilities.

# A Chinese Delegation Visited The Benban Solar Energy Project

The General Coordinator of the Solar Energy Project in Benban received a visit from a Chinese delegation from one of the China Railways Group companies and a delegation from New Master International for Development and Contracting to discuss investment opportunities in the field of solar energy in the project.



# "Egyptian Hands" Platform Markets Handicraft Products In Aswan

Within the framework of President Abdel Fattah El-Sisi's directives regarding benefiting from digital transformation mechanisms and providing a decent life for citizens, Major General Ashraf Attia, Governor of Aswan, launched the "Egyptian Hands" platform, which is the first online platform to market handicraft products locally and internationally, in cooperation with the Ministry of Local Development, the Ministry of Communications and the World Food Program.



In the presence of Dr Ghada Abu Zeid, Deputy Governor, Nada Mahran & Maryam Serageldin, coordinators of the online platform at the Ministry of Local Development, Amira Arafa, representative of the Ministry of Communications, and Maha El-Ebiary, marketing officer at "Egyptian E Market" company, which specializes in e-commerce technology, in addition to the participation of a number of Aswan women handicraft producers.

Aswan Governor inspected the exhibition of the handicrafts, which was held under the slogan "Made in Egypt with Egyptian hands", he awarded monetary rewards to all of the ladies who participated in the exhibition and decided to transfer their products to the activities of the first Aswan Industrial Forum. In addition to allocating a permanent headquarters in one of the public parks to display handicrafts and heritage products in appreciation of the excellence of these products and handicrafts, which is a distinctive mark that is unique to Aswan.

Major General Ashraf Attia thanked the Ministry of Local Development, directed by Major General Mahmoud Shaarawy, for the idea of launching the platform, which contributes to promoting Aswan handicrafts by increasing e-marketing opportunities. This coincides with the efforts undertaken for the economic empowerment of women and youth through creating permanent exhibitions to promote environmental goods, whether in the tourist market or new craft complexes within the projects of the presidential initiative "Haya Karima."

The coordinators of the "Egyptian Hands" platform at the Ministry of Local Development indicated that the platform aims to expand the areas of marketing and sale of high-quality, locally-made handmade products at the local and global levels through the means of communication and online shopping platforms, which will create new job opportunities for women and youth. It was also stated that a series of training workshops would be organized for handicraft producers in the governorate to qualify them and raise their awareness of the ways and mechanisms of displaying their products on the platform.

# The participation of the Benban solar energy project in the celebration of World Environment Day 2022



The Environmental Affairs Agency in Aswan, in partnership with the African Cultural Center and the Benban solar energy project, celebrated the World Environment Day for the year 2022.

According to the directives of Dr. Yasmine Fouad, Minister of Environment, Dr. Ali Abu Senna, head of the agency, Dr. Essam Amer, head of the Branches Affairs Sector, and Dr. Mamdouh El-Sayed Ahmed, Director General of the Aswan branch, the celebrations of the Aswan branch were held for the World Environment Day 2022, where the Department of Information, Environmental Awareness and Training organized the celebration in cooperation with the African Cultural Center and the Benban Solar Energy Project in Aswan, with the attendance of 30 students from Benban village schools in Aswan.

The celebration included an inspection tour of the center and an introduction to the importance of the Nile River as an important natural resource and how to take advantage of it and preserve it from wrong environmental behaviors, and an introductory symposium on World Environment Day and the date of its first celebration and how to preserve the environment and follow the correct environmental behaviors, a workshop Origami art, Logo design for COP 27, the game (Sort... Do it) to separate the waste, the game (Environmental Snake and Ladder) to highlight the correct environmental behaviors.





## Benban Solar Developers Association Begins The Training Program For Technical Education Students



Benban Solar Developers Association, in cooperation with the Al-Jisr Association, has started a technical and vocational education training program within the Kom Ombo Industrial School for Boys, within the framework of the association's active and developmental role to develop human resources and qualify young people to join the labor market.

Hossam Sultan, the association's executive director, explained that the training includes 21 students in technical education schools from the villages of "Al-Raqba, Banban Qibli, Banban Bahry, and Mansourieh" in plumbing, electricity and carpentry, with 7 students per trade.

He pointed out that a training company specialized in the field of crafts was hired to train students at technical education schools, noting that the training was fully funded by the Solar developers Association for Community Development in Benban. He noted that each trainee will receive an occupational safety and health uniform, an attendance allowance, and a daily break, and the trainee will also receive an integrated kit bag at the end of the training, in addition to participating in a graduation project aimed at maintenance and renewal work in his field of specialization for 5 schools in addition to repairs and maintenance In the Benban market.



# HAND WEAVING ON THE LOOM

Handmade products are distinguished by a special luster because their maker puts a part of his soul in them, in choosing the colors, decorations and details, so those who buy these products greatly appreciate them because they know how much effort their makers have put into them, and how difficult it is for the maker to sell and abandon them after weaving them with his soul and not just his fingers. Among these crafts is the craft of hand weaving using the loom, which is one of the most beautiful crafts and industries in which a person spins multiple weavings with bright colors and amazing ornaments, which young and old men and women can learn.

The finished textiles are a magnet for tourists and even residents who love handcrafted products.

## What is a loom?

It is the machine used by the weaver to produce woven fabric. The shape of the loom, its size and components vary depending on the area of the product and its specifications.

The basic looms for hand weaving can be classified into: simple looms, pendant looms, kilims, carpets, table looms and floor looms.

## What is hand weaving?

Hand weaving is the production of textiles using two sets of threads that intersect together at right angles, and weaving is done using a loom, either by hand or by machine.

The long filaments are called the warp, while the crossed filaments are called the weft. The way the coiled threads are intertwined with each other is called weaving, and most woven products are made using one of three basic weaves: plain weave, satin weave, or twill weave. The woven fabric can be monochromatic (one color or a simple pattern), or it can be woven with a decorative or artistic design.

Of course, textiles are not only woven with a loom, but there are many other methods such as knitting or braiding.

## Types of hand weaving:

### 1- Plain weaves

In plain weaves each wadding thread passes above and below the warp threads with reverse order in alternating rows. Fabrics made in plain weaves include percale, gauze and taffeta, and ribbed effects are produced in fabrics such as elephant and bengalin using heavier threads either for warp or wadding.

### 2. Radiator fabric

Filer weaving is made by interlacing threads in such a way as to produce ribs or diagonal edges across the fabric, and the ribs may extend from the top right to the bottom left of the fabric, or vice versa. Radiator fabrics include denim, gabardine, and flannel.

### 3- Satin fabric

Satin weaves have a luster that is produced by exposing more warp compared to the wadding on the right side of the fabric, and the exposed warp threads are called floats. In satin weaving, the process is reversed, the exposed inserts form the floats, and the amount of warp in the threads and the length of the floats result in differences. The fabrics made in this weave also include satin slippers and satin crepes, as well as various other types of satin.

## The basic movements of the weaving process:

1- Shedding 2- Weft insertion 3- Beating up

## Among the secondary movements:

1- Let off motion 2- Take up motion 3- Weft selection





# FIRST AID AT WORKPLACE

Accidents can happen at any workplace, no matter how secure and safe the workplace is. So, one of the most critical safety precautions that should be applied at the workplace is apt provision for first aid equipment according to the work environment.

Having first aid at workplace is crucial to ensure the employees safety.

First aid is not a medical treatment; It is immediate care provided to employees who are got injured or ill during their work until they receive full medical treatment, whether by emergency services on-site or at the hospital. First aid helps prevent minor injuries from becoming major ones, and it could save employees' lives.

## Why should first aid kits be kept at the workplace?

As we mentioned before that, accidents can occur anytime, so having an equipped first aid kit is essential to tackle medical emergencies as follows:

### - *Treat Injuries Quickly*

It enables you to respond promptly to a medical emergency, as any delay can cause harm.

A first aid kit also provides basic and instant care for common medical injuries such as cuts, burns, and minor injuries.

### - *Reduce the Risk of Complications*

A well-equipped first aid kit can prevent further complications with the injury or medical condition.

A first aid kit can also be very cost-effective.

For example, an injury that receives quick first aid, is less likely to require substantial care in the future.

### - *Relieve Pain & Discomfort*

An injury can be messy, with severe blood loss or burning pain.

The first aid kit contains medical products that can stop blood loss, prevent burn damage immediately or kill the pain.

## What Should Be at a Workplace First Aid Kit?

Any workplace must have at least an essential basic first aid kit that is required for all kinds of major and minor injuries, such as plasters, cotton, alcohol, bandages, instant ice packs and latex gloves. However, employers must conduct a first aid assessment of their workplace to analyze the particular risks and hazards which are present in the workplace, which will help employers to decide what type of first aid equipment they will need to equip their workplace, taking into consideration the following:

- *The nature of the workplace*
- *How large the organization is, how many trained first aiders you will need and whether you need first aid rooms in the workplace.*

So, the nature of first aid items that should be present in the workplace will depend on the workplace risk level according to the first aid risk assessment done previously. Here are two categories as follow:

### 1- *Workplace with Low Risk:*

A first aid kit at a workplace with low risk should include testing equipment for mild illnesses and injuries like cuts, grazes, minor burns, etc. So, a low-risk workplace first aid kit should comprise the following items:

- Disposable sterile gloves
- Sterile eye bandages
- Different sizes of sterile gauze dressings
- Adhesive tape
- Burn dressings
- Painkillers
- Antiseptic cream
- Alcohol-free cleansing wipes
- Scissors

### 2- *Workplace with High Risk:*

Employees at a workplace with high risk are more likely exposed to situations that might result in more severe injuries. So, a high-risk workplace first-aid kit should include:

- Hydrogel dressings
- Sterile dressings
- Moist wipes
- Burn gel dressings
- Bandage rolls
- Eye baths
- Sterile eye pads
- Burn treatment sachets
- Safety pins
- Disposable gloves
- Triangular bandages

The first aid kit should be placed in an immediately accessible and conspicuous location at the workplace; it is important to attach a sign displaying the " first aid kit " words to it. And also, review the contents of the first aid box regularly to ensure the products have not expired.

By enforcing first aid guidelines at the workplace, employers can ensure that their workers are not exposed to health and safety risks in the workplace.

Reference: <https://www.trainingexpress.org.uk/>



# CLIMATE SUMMIT 2022



Climate change has become one of the most issues that threaten the world's countries in light of the increasing negative impacts, such as increased heat, declining water supplies, ice cap melting, sea levels rising and many more.

And here comes the role of the Climate conference that brings governments together every year to discuss and reach agreements on how to confront the climate crisis.

The conference aims to review progress made by members of the United Nations Framework Convention on Climate Change and take decisions that further the implementation of the Convention and combat climate change. And UNFCCC states an international environmental treaty to stabilize greenhouse gas concentrations at a level that would prevent dangerous anthropogenic interference with the climate system.



This year, Egypt will host the 27th Conference of the Parties of the UNFCCC (COP27); The conference will be held in Sharm El Shaikh city from 7-18 November 2022, in the presence of 197 representatives of governments from all over the world.

It is the first time in ten years that the United Nations Framework Convention on Climate Change summit has been held in North Africa.

Last May, Egypt revealed the logo for the COP 27 summit. The logo mixes the African and Egyptian cultural identities. It depicts the African sun embracing the Sun of Aten; The sun is considered the source of life and a sign of hope, and one of the well-established symbols in the African culture; Its rays symbolize the energy needed to sustain life.

Meanwhile, the sun of Aten, with its rays ending with hands, expresses nature's generosity that gives us means of living, luxury and prosperity. In the middle of the logo, a new horizon stretches to express hope for a better future.

Egypt seeks at COP 27 conference to accelerate global climate action and push countries to make good on their pledges of greenhouse gas emissions reduction, scaled-up adaptation efforts and enhanced flows of appropriate finance to implement these pledges and commitments in all sectors of the climate change agenda.

**According to the official website of COP27, the Presidency Programme will cover different themes, and each day will have a theme of its own as follows:**

- Finance Day
- Adaptation Day
- Water Day
- Decarbonization Day
- Science Day
- Solutions Day
- Gender Day
- Energy Day
- Biodiversity Day
- Youth Day & Civil Society Day

Since Egypt was announced as the host of the forthcoming United Nations Conference of Parties on Climate Change (COP 27), all governmental institutions have been working to prepare for the global event, and steps were taken to declare the hosting city, Sharm El-Sheikh, a green city. The plan is to make Sharm El-Sheikh a green city by using clean energy, encouraging investment in environmental preservation, and working on the establishment of several renewable energy projects.

In recent years, Egypt has focused heavily on combating climate change.

In a drive to employ more sustainable energy, it has inaugurated several solar parks and wind farms, including Benban Solar Park, which is presently the fourth biggest solar power plant in the world and is intended to be the largest. Egypt plans to be using 42 percent of its energy from renewable sources by 2030.



# TIPS TO STAY HYDRATED

Water is one of the most vital elements for all living beings. We are all aware that water makes up to 60% of our bodies. So drinking enough water every day keeps your body functioning correctly and avoids dehydration and other unpleasant symptoms, such as fatigue, thirst, muscle cramps, mild constipation and lightheadedness.

Water is not protecting you only from dehydration, but also it is essential for biochemical reactions, supplying nutrients throughout the body and removing waste, and maintaining blood circulation and body temperature. It also improves digestion, regulates heartbeat, and protects the vital organs and tissues of the body.

Many of us go about the day without thinking about how much water we've had to drink, or we often forget to drink water during the day. So, we will give you some tips to help you stay hydrated, especially in the summer heat.

### - DRINK THE APPROPRIATE AMOUNT FOR YOU:

Everyone has different hydration needs according to age, gender, weight, physical activity, pregnancy, breastfeeding status, and overall health.

It is commonly recommended to drink eight glasses of water every day; start by drinking a glass of water in the morning, before sleep, with every meal or after it or with any physical activity you do during the day. Make sure to organize drink water throughout the day.

### - KEEP A BOTTLE OF WATER WITH YOU:

Always keep a bottle of water close by to help you drink more water and stay hydrated throughout the day. Get a reusable water bottle and keep it with you.

### - REMIND YOURSELF TO DRINK WATER:

Many of us usually forget to drink water, especially in the winter. So, it is necessary to remind yourself regularly; you can set a reminder in your email calendar or an alarm on your phone. You can also use a water app; there are many of them; download a water app to keep track of your water intake during the day.

### - EAT WATER-RICH FOODS:

Do you know that about 20-30% of your water intake comes from foods each day? many vegetables and fruits have a high water content that makes an important contribution to your body's water needs besides drinking water, such as cucumber, tomatoes, watercress, apples and watermelon, so ensure to incorporate Water-rich foods in your meals or snacks.

### - KEEP AN EYE ON YOUR CAFFEINE AND SUGARY DRINKS INTAKE:

Caffeine and sugary drinks can lead to dehydration as they are loaded with sugar, sodium, and other ingredients that remove water from your tissues. So, try to moderate these drinks intake and make sure you are rehydrating your body with more water after having your morning coffee or any sugary drinks.

### - ADD FLAVOR :

Some might get bored of the water taste. Adding natural flavours can encourage you to drink more water than usual. Flavour your water by adding simple ingredients such as slices of lemon, cucumber, mint and oranges and ensure to say away from artificial flavours or preservatives.

**REMEMBER TO FOLLOW THESE TIPS AND STAY HEALTHY, COOL AND HYDRATED THIS SUMMER!**



# SIMPLE AND EFFECTIVE WAYS TO CLEAN KITCHEN ELECTRICAL APPLIANCES!





Electrical appliances in the kitchen are indispensable, and despite their importance and permanent use, dirt, germs and food residues accumulate on them, and because they are essential in preparing our food, they must be kept clean and healthy all the time. Here are the most effective ways to clean basic electrical kitchen appliances:

### 1- Stove

Cleaning the stove is a difficult thing due to the accumulation of grease and dirt on its surface, on the surface of the oven, eyes and switches, but you do not have to, because the task of cleaning it will be easy and simple in these ways.

It is very important before starting to clean the stove that you turn off the electricity, make sure the gas is turned off, and make sure that the stove is completely cold before starting the cleaning process to prevent any problem, and you must wear leather gloves for cleaning and this is so that the hands do not get any skin problems.



- Mix a tablespoon of lemon salt with a liter and a half of water, a quarter cup of liquid soap, and a tablespoon of baking soda.
- Stir the ingredients well and put the mixture in a spray bottle.
- Wipe the stove with a piece of cloth, and then sprinkle the mixture all over the surface of the stove and also on its sides.
- Leave the mixture a little on the stove, and then rub it using a rough aluminum wire, focusing on the places where fat accumulates a lot.
- Finally, wipe the stove from the mixture and you will notice that it has become completely shiny and free of dirt.

#### • Cleaning the stove eyes:

To clean the eyes of the stove, you must remove them and then soak them in a mixture of chlorine and salt for a quarter of an hour, then use a piece of sponge to clean them.

#### • Cleaning the stove switches:

Remove the switches and put them in a bowl filled with hot water, then put a cup of vinegar, two tablespoons of baking soda and a little liquid soap on the switches, leave it for a quarter of an hour in the mixture, then wash it well using a sponge.

#### • Cleaning the oven:

- Remove the grate and shelves inside the oven.
- Mix half a cup of baking soda with two tablespoons of water in a bowl and stir well until you get a paste-like mixture.
- Put the paste in all places inside the oven, especially the very dirty places.
- Leave the mixture overnight, and in the morning you will notice the color of the mixture turning brown as a result of fat sticking to it.
- Put an amount of vinegar in a bottle and sprinkle it inside the oven, and it will react with the existing baking soda.
- Wipe the oven from the inside using a piece of sponge until you get a shiny oven.
- Also, you have to clean the shelves and the inner grille of the oven by soaking them in water added to utensils cleaning liquid and a little vinegar, and leave it for two hours, then wash it well and dry it.



## 2- Refrigerator:

- First empty the foods from the refrigerator completely.
- Take the shelves and drawers out of the fridge and put them in the dishwasher or soak them in the bathroom.
- Hand wash shelves and drawers using a brush or sponge in cold water, or room temperature water, and avoid using hot water, which may crack them.
- Wipe the inside of the refrigerator with a clean cloth or sponge with a detergent solution:



To get rid of the effects of foods and their residues, taking into account the need to stay away from the use of chemical cleaners that can absorb the smell of foods later, and replace them with natural cleaners that are prepared at home: By mixing two tablespoons of baking soda with a liter of hot water, or mixing a ratio of 1:3 of hot water, and apple cider vinegar.

- Clean the inside of the refrigerator doors as previously explained, using natural or chemical cleaners. Then dry the shelves and drawers with a clean cloth; To get rid of suspended water.
- Replace foods in the refrigerator, and clean utensils, containers, and containers before returning them to the refrigerator.

## 3- The kettle:

### - First method:

- Fill the kettle with half a cup to three quarters of a cup of water and white vinegar in equal quantities.
- Leave the liquid in the kettle to boil, turn it off (if it does not turn off automatically) and leave the water and vinegar mixture in the kettle for 15 to 20 minutes.
- Dispose of water and vinegar after use.



### - Second method:

- Fill the kettle halfway with water and bring it to a boil. Once it boils, turn the kettle off and add 1-2 tablespoons of lemon salt powder to the water.
- Leave the mixture of water and lemon salt in the kettle from 15 to 20 minutes, then dispose of it.
- After any method you use, boil two bowls of clean water and then dispose of it to make sure that no taste or smell is left inside the kettle before use.

## 4- microwave

- Bring a deep plate that goes into the microwave, then put a cup of water, the juice of two lemons and a cup of vinegar in the dish, then put a lemon or an orange cut in half.
- Turn the microwave on high temperature for 1-2 minutes.
- Then open the microwave and you will find that the inner sides and surface are filled with fumes.
- Take out the lemon and water dish. Unplug the power, then wait a few seconds for it to cool down.
- Wipe the sides with a sponge, and you will find that grease and food residues disappear very easily.
- Next, clean the microwave and the outside door, and leave it open to air dry completely.



# Do Exercise During Pregnancy!

The old ideas calling for a pregnant woman to rest completely in pregnancy and recommending that she eat a lot because she eats for two are not true!

Modern science has proven that exercise and proper balanced nutrition for a pregnant woman is an essential part of the health of her pregnancy, rehabilitating her body to go through a healthy labor and facilitating the birth process.

If you're already pregnant or planning to become pregnant, be prepared to see yourself and your body differently during your pregnancy.

## What is the importance of exercise during pregnancy?

Exercise helps in strengthening the heart muscle and making it able to withstand the changes that occur in your body during pregnancy.

It also stimulates blood circulation in your body, which means activating the placenta that delivers nourishment to your child. In addition, it reduces depression during pregnancy and helps reduce the intensity of hormones that cause changes.

It also helps you maintain a healthy weight during pregnancy.

Also, exercise protects against diseases and reduces the severity of pregnancy symptoms such as vomiting, fatigue and exhaustion, and makes the body ready for childbirth and able to bear the pain of labor.

## What exercises are required of me during pregnancy?

In particular, the required exercises are stretching exercises and yoga, exercises that help stretch your muscles and ligaments in order to accommodate the changes that your body goes through during pregnancy and keep you in the required fitness during childbirth and labor.

## When can i start exercising?

If you were an athlete before pregnancy, you can exercise during the first three months as long as the pregnancy is stable and you have not had a previous miscarriage.

But if you are not athletic or you are tired and exhausted in the first three months of pregnancy, you can start exercising gradually from the fourth month when your health matters are stable, in any case, the measure for exercising is the stability of the pregnancy and the absence of any bleeding, miscarriage or signs of premature birth.

And know, my dear, that the sport of a pregnant woman is never intended to be strenuous and tiring! The goal is to relax and stretch your muscles, keep your body in shape, and exercise the organs responsible for labor and delivery.

So, if you feel tired or sore during any of these exercises, stop immediately. . and remember the goal is not pain and fatigue. .but relaxation.

Before you exercise, make sure that you are standing or sitting on a flat, soft and stable surface.



### 1- Walking

Walking is the simplest and easiest exercise, but its benefits during pregnancy are great, as it exercises the pelvic muscle, which helps a lot to stretch it during childbirth.

Walking for only ten minutes a day, and gradually increasing the time until you can walk 5,000 steps in the ninth month (about two hours), you will not feel tired then because your body has been practicing walking gradually during all months of pregnancy.

### 2- Yoga and stretching exercises

Yoga and stretching exercises are one of the most important exercises during pregnancy because they achieve the foundation we need, which is to stretch the muscles and relax.

There are many yoga exercises that you can dedicate an hour or half an hour a day (depending on your available time) and practice these exercises.

It is very important during yoga and stretching exercises to breathe deeply, relax and stop to drink water.



### 3- Butterfly exercise

The butterfly exercise works on the thighs and pelvis. You can practice it by placing your feet facing each other, holding them with your hands, and raising and lowering your thighs. You can do this exercise while you are watching TV, for example, as it is simple and does not require movement.

### 4- Kegel exercise

Kegel exercise in which we exercise the muscle of the vagina, which is a very important muscle and its exercise is very useful at the time of childbirth, You can easily identify this muscle when you feel the urge to go to the bathroom and urinate, but you hold yourself because you are outside the bathroom, this muscle that controls the exit or hold of urine is the Kegel muscle that we will exercise.

The exercise in a simple way is to hold this muscle (as you do when you want to hold the urine) and count five repetitions and then relax it (as you do when you allow urine to come out)

You can do this exercise in any position, whether you are sleeping or raising your feet up, or in the position shown in the picture.

Repeat this exercise and gradually increase the reps, until you reach 30 reps while holding the muscle, but do not exceed 30 reps, as this is the maximum.

Also, never do this exercise while you're already holding in urine! You have to do it with your bladder completely empty.

### 5- The cat cow exercise

This exercise works on the muscles of the back, thigh, and pelvis, as well as the muscles of the abdomen when you breathe during the exercise.

It works to stretch and relax these muscles.

It also helps the baby adjust his position in the womb so that he is ready to somersault at the time of labor.

The position of this exercise is also very suitable for receiving labor or pushing at the time of birth.



### 6- squatting

Squatting exercise is another very suitable position for receiving labor and delivery as well, and squatting helps the pelvic muscles to expand and works to soften and it.

It also helps the baby to enter the pelvis at the time of birth.

If you do squat with your heels raised and standing on your toes, this helps open the pelvic outlet, facilitating the birth process.



### 7- Breathing exercise

In this exercise, take a deep breath through the nose and watch your abdomen and diaphragm expand, do not take the breath only to the lung, but make your abdomen expand by breathing, take it for four seconds and hold it for two seconds, then release it from your mouth for 6 seconds, repeat this exercise continuously during your day or Before you sleep, feel the muscles of your body relaxing, as it is an exercise that greatly improves the quality of your sleep and the delivery of oxygen to the fetus.

It is also the exercise that will greatly relieve the pain of labor and the waves of labor, instead of screaming and pain, remember the breathing exercise in those moments and practice it to relieve you of pain and help the pelvic muscles to push the fetus out for the birth to take place faster.

In the end, we advise you to consult your doctor before starting any exercise and to ensure the stability of your pregnancy, and we wish you a healthy and positive pregnancy and childbirth journey.



# Enjoy Summer With Your Kids

The school year is over, and the summer vacation has started! Who doesn't love summer?..... Summer is the favorite time for kids to enjoy their time; there are a lot of activities, events and fun things to do with your kids during this season, making it a perfect opportunity to spend quality time with them however, it might be stressful and tiring for parents, as kids are more likely to be at home, and they might feel bored during the vacation which could lead to misbehavior at home.

So, it is important that parents set up rules with expectations or limits so that children know what is expected of them while at home. Also, parents should plan daily summer activities for the kids to keep them active and occupied without getting bored or restless. In this article, we will share with you some ideas for summer activities you can enjoy with your kids.

## - Go on a holiday

When it comes to summer that means to go on holiday, pick a destination and take your kids to spend few days outside of your normal environment and routines. Make sure to pick a beach destination where your kids can enjoy the water activities in this hot summer.

## - Encourage them to arts

Summer vacation is a great opportunity to stimulate your kids' artistic sense. If your kid is interested in arts like drawing and painting, buy him supplies like crayons, pencils, and paintbrushes, or enroll him in an art session and encourage him to develop the hobby.

## - Swimming

It is the most popular activity kids love in the summer. Go swimming with your kids is always a great way to enjoy time with them during the vacation; take them to a swimming center, or also, you can enroll them in swimming lessons.

## - Arrange fun activities at home

Kids might get bored when staying at home, but you can completely reverse this perception by planning entertaining activities to help your kids enjoy their time at home. Unfortunately, many parents allow their children to spend excessive periods watching screen media, so instead, organize some fun activities. Play board games with them, such as chess or puzzles, or play with clay and create forms or read together.

## - Go for a walk together

Take your kid for a walk in the sunset or the evening time, preferably in greeny parks where your kid can discover nature and interact with it. Also, it is a simple way to get your kid to be more active and helps him build a healthy habit, especially if you go for a walk together regularly.

## - Let your kids enjoy with their friends

Of course, kids would love to spend time with their friends and have fun together; it would be nice to arrange a play date with the parents of their friends and let them meet up to play in the garden, for example. Your kids will enjoy it, and you also be able to enjoy adult conversation while they are playing.

## - Languages learning

Teaching your child a new language helps him develop his linguistic skills and cultural knowledge; it is also a practical activity that will benefit him in his academic life.





SOME DAYS  
*you just have*  
TO CREATE  
*your own*  
SUNSHINE





“  
Hello guys! I miss you all! I'm Layla, Hassan's little sister.  
Today, I learned a very difficult lesson.  
It was a normal day at school, but the problem started  
when I came home!



Mama entered my room and yelled at me

**Mama:** Layla, I told you a million times not to throw your clothes and bag on the floor! You have grown up and you have to help yourself.

**Layla:** Ugh! Fine fine!  
Mama sighed as she hung up my clothes, put my shoes in the shoe closet and my socks in the wash, and said, "This is the last time, Laila!" But I didn't care, Mama always says it's the last time but she pick up my stuff again.




When Baba came home, we all sat down to lunch. I finished my meal and went to watch my favorite cartoon and left my empty plate  
**Mama:** Layla! Put your empty plate in the kitchen sink!  
**Layla:** ooh..ok ok!!  
But I didn't care because my mom would take it to the kitchen in the end as usual!




After Hassan, Papa and Mama finished eating, they put their plates in the sink, and left my plate!  
I was watching the cartoon when Mama shouted: Put your plate in the sink, Layla!!  
I got very angry and shouted at Mama: You always yell at me to pick up my stuff and then you do it! So do it now without screaming!  
My mother's face turned red in anger at me! But Papa signaled me to go into my room at once! I entered the room without any feeling of guilt.





I woke up suddenly at 7:30  
in the morning!!  
I fell asleep without doing  
my homework  
and I'm late for school!  
I ran to get dressed and  
thought: why didn't Mama  
wake me up like every day?  
I quickly went to school  
without combing my hair.



At break I was very  
hungry, but I couldn't find  
sandwiches in the bag!  
What is this? Why didn't  
Mama put my sandwiches in  
the bag?

I only found juice and  
biscuits because I put them  
on myself every night!  
I nervously opened the  
juice and dropped it on  
myself, I sat all day angry  
and anxiously waiting to  
go home.

When I got home, I slammed the door and threw my bag on the floor as usual, suddenly I found my sandwiches box on the table!  
couldn't Mama put the box in my bag?!

I found Mama in the kitchen cooking and singing quietly!

**Layla:** Why didn't you put my sandwiches in the bag like every day, Mama? And you didn't wake me up in the morning?

But Mama ignored me, she was angry with me, but instead of apologizing to her, I left her to eat my sandwiches in my room.



I slept again! and no one tried to wake me up for lunch!  
I found Baba and Hassan watching TV and Mama talking on the phone,  
and it was clear that they had lunch without me!

I found my bag, my shoes and my clothes still on the floor.

Mama didn't pick them up!

What is happening?

Nobody talks to me like I'm not exist! What will I do now?





SOME DAYS  
*you just have*  
TO CREATE  
*your own*  
SUNSHINE

# WORD PUZZLE GAME

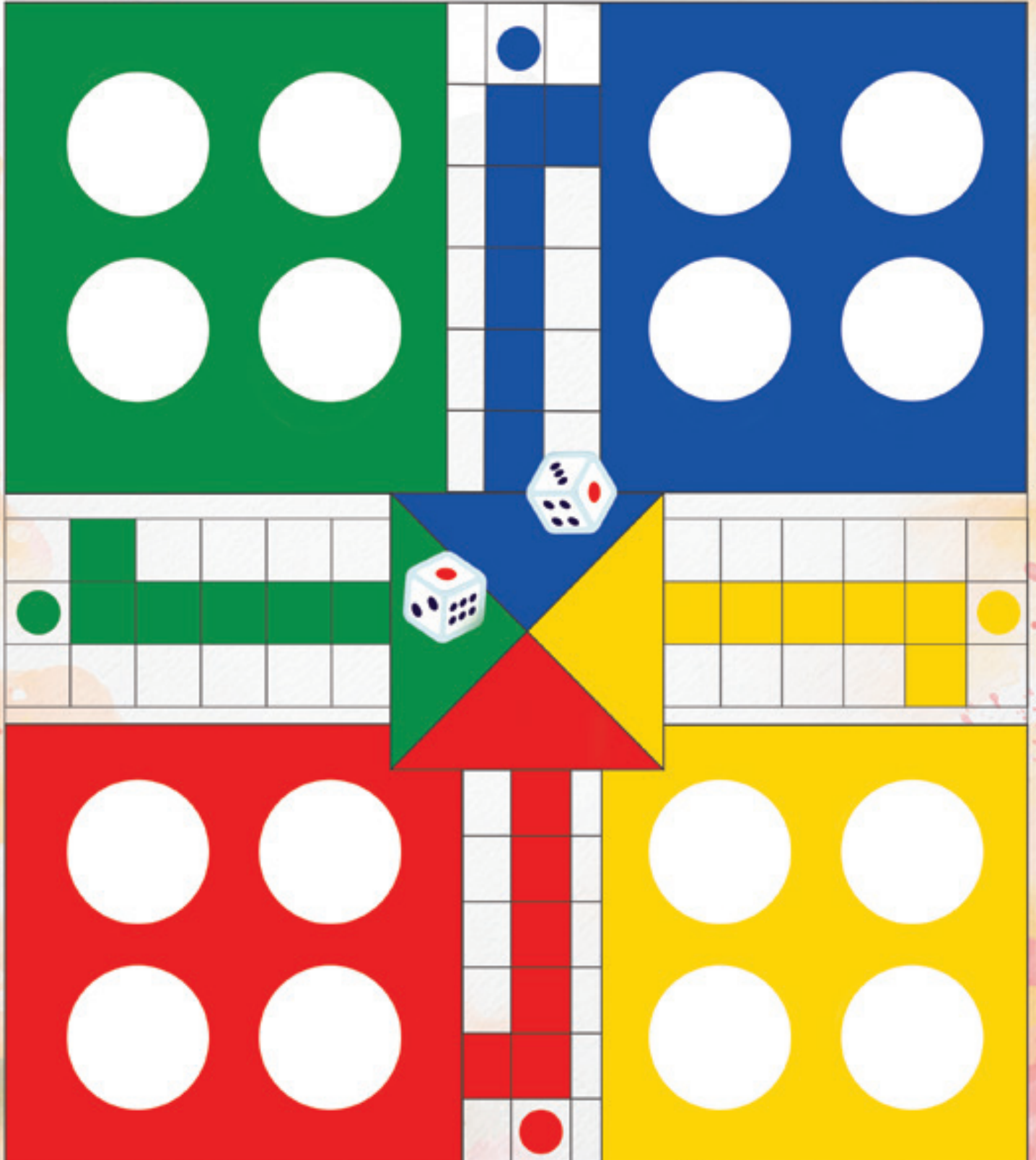


B	B	U	C	K	L	T	R	A	S	H
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U	S	O	S	T	R	A	S	H	C	N	S
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B	B	U	C	K	L	T	R	A	S	H	U

# Let's Play LUDO





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