



FORMATION OF HEALTHY LIFESTYLE CULTURE SKILLS IN CHILDREN OF PRESCHOOL AGE

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Annotation. This article reflects on the formation of skills of a healthy lifestyle culture of preschool children, noting the need for educators not only to give children high-quality education, but also to form a conscious attitude to a healthy lifestyle in them.

Keywords: preschool children, pedagogical process, educator, personal hygiene, psychological, healthy lifestyle.

In the educational program “first step”, which was improved in order to form a healthy lifestyle culture of a child from the preschool age period, competencies of the field of “physical development and the formation of a healthy lifestyle” of the child are established.

Research by domestic and foreign scientists shows that human health depends only on 7-8% health and 50% lifestyle. Currently, in the face of environmental and social problems, an unprecedented exacerbation of their diseases, we need to learn to preserve and strengthen it in order to be healthy. And for this, as much attention as possible should be paid to the health of children in the preschool organization. In any case, we must also not forget that, always remembering that there are few healthy children, there are only favorable opportunities for the development of more correct habits in the preschool age period. This assumes that we can achieve positive results in conjunction with teaching preschool children to improve and maintain health.

Preschool children are sensitive and obedient, so there are unique opportunities for the development of the right habits. Educators need not only to provide children with high-quality education, but also to form a conscious attitude to a healthy lifestyle in them, teach them to live in harmony with themselves and the world around them. We must bear in mind that the child always learns himself and psychologically prepares for the conduct of active wellness activities, the formation of his health. Teaching children personal and public hygiene skills plays an important role in protecting their health. This promotes proper behavior in everyday life, in public places. In the end, not only their health depends on the knowledge and implementation of hygiene rules and norms of behavior, but also the health of other children and adults. In the process of daily work with children, it is necessary to try to constantly improve the implementation of the rules of personal hygiene in a natural way and taking into account the age characteristics.

Children are taught to follow simple rules; washing their hands before meals, after using the toilet, after playing, walking, etc. At the same time, adults gradually stimulate more development of complex skills in children. For example, wash your face, neck, hands to the elbow, wash your feet every day, do simple water treatments, etc. From the age of two, children are taught to brush their teeth in the morning and evening with a special children's paste. In a child over two years of age, it is

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customary to rinse the mouth with clean water after eating. The formation of personal hygiene skills is also formed, as well as the ability to always dress cleanly, notice problems in clothes, correct them independently or with the help of adults.

Currently, conditions are being created in preschool educational organizations that help to form and strengthen personal hygiene skills. Each group has all the equipment for washing and washing feet, and the assistant tutor keeps the washing room in order and tidy, and the tutor himself helps to form personal hygiene skills in children.

The upbringing of cultural and hygienic skills involves a wide range of tasks, and in order to successfully solve them, taking into account the age of children, it is recommended to use a number of pedagogical methods: direct teaching based on a sample, showing, exercises in performing actions in the process of didactic games, regularly reminding children of the need to comply with hygiene rules and

A healthy lifestyle is formed in cooperation with family and preschool Talin organizations. Under general supervision, attention should be paid to the educational load, agenda, nutrition, physical activity, mental processes, nervous tensions, psychological climate at home, preschool educational organizations and group, the relationship between parents and children, children and educators, forms of recreation, entertainment and interest. Children's activities in preschool Talin organizations can be detrimental to their health if they are misorganized. Therefore, establishing a full-fledged healthy lifestyle is of great importance.

In preschool age, children learn the necessary cultural and hygienic skills better in games of special content. It helps to make games fun, attract children, activate their initiative and creativity. In order to more successfully formulate and strengthen hygiene skills in preschool childhood, it is recommended to combine oral and visual methods in preschool educational organizations, using a special set of materials for hygiene education, various subject and plot drawings, signs. It is advisable to strengthen hygienic knowledge when getting acquainted with physical education, labor, the environment, nature. To do this, we can use the following didactic games: "wash your face with water", "help the Little Bear", "honestly, it's great to be clean", "show The Little Fox how you wash your hands", among others. And from role-playing games, you can choose "mothers and daughters", "put the doll to sleep", "guests came to us".

We mean the ability of children to master the rules of personal and public hygiene, when necessary, to behave in different places of the child, to follow the rules of hygiene. For example, children should understand that it is impossible to throw garbage not only in their own home, but also in a group Room, public places, transport.

In matters of strengthening children's health, doctors, educators, psychologists, other specialists in preschool Talin organizations and parents should act together. In order for the upbringing of a healthy lifestyle in children to be the main task, the child needs to feel the need to be healthy, maintain and strengthen health, appreciate health happiness. In the preschool age period, the foundation is laid



on the foundations of Health in the child, movement skills are formed and the basis for the upbringing of physical qualities is created. During this period, the child performs much more intense, more complex work on self-reflection, self-construction and self-control than adults. If the child is sluggish in this process, then his socialization, health and common sense, cultural-hygienic consciousness are disrupted. Therefore, it is a priority to direct preschool children's life interests to a healthy lifestyle.

Forming a healthy lifestyle is not just mastering certain knowledge. lifestyle is determined by the manifestation of adequate behavior in various situations on the street and at home. Everything that we teach our children, they must be applied in real life. When teaching hygiene skills to children, special attention is paid to the formation of existing knowledge, taking into account the age and individual characteristics of the child's perception. As practice shows. Children 3-5 years old are effectively familiar with the rules of a healthy lifestyle due to the targeted organization of sensorimotor gaming activities, including all types of games. Examples include thematic, didactic, mobile, tabletop games, plot-role-playing, staged games, imitation games, etc. In addition to plot-role-playing and staged games for children 5-7 years old, the use of a problematic-creative game is an opportunity to use the most effective technologies that involve the implementation of complex pedagogical influences aimed at developing skills of independent selection of fantasy solving methods. The complex use of these technologies ensures the successful formation of healthy lifestyle skills in children of different ages.

In conclusion, it should be said that the preschool age period is one of the most important periods in a person's life. It was during these years that the foundation of the child's health, harmonious, mental, moral and physical development was laid, and his personality was formed. Currently, there are urgent problems in health, the development of movements and, in general, the improvement of the physical development of children and the improvement of work in this area, which are the main components of universal culture.

Parents, by their example, should contribute not only to the formation of relevant knowledge in preschool children, but also to a solid hygienic culture. Otherwise, preschool children will never learn the rules of personal hygiene, they will not be firmly convinced that it is really, a vital need, and in the future they can completely ignore this area. Thus, the caregivers of the preschool organization must work in partnership with the parents of the children to strictly control their adherence to a healthy lifestyle.

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