

## General hardening of children

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**Annotation.** This article highlights the importance of using the healing powers of nature wisely so that preschool children can grow up physically and mentally fit and healthy. It also details the practical method of training young children through air and sun baths.

**Keywords:** general hardening, special hardening, sunbathing, air baths, hygienic factors, air hardening, sun hardening.

Relevance of the topic in the Resolution of the President of the Republic of Uzbekistan dated September 30, 2018 No PP-3955 "On measures to improve the management of the preschool education system" To further improve the quality of education, expand the network of preschool educational institutions, as well as strengthen the material and technical base, provide them with qualified teaching staff, modern educational programs and technologies for the comprehensive intellectual, spiritual, aesthetic and physical development of children. The role of the family in the upbringing of children in today's society is very important in order to introduce education into the educational process, to radically increase their level of readiness for school. In particular, a number of separate decisions and decrees are important in the legislation of the republic. Proper formation of health and behavior, development of initiative, strong will, talent and natural ability are important prerequisites.

Hardened children are more susceptible to changes in humidity, heat and cold, and are less prone to colds and other illnesses. Exercise and physical training strengthen the nervous system, promote the development of muscles and bones, improve the functioning of the heart, lungs, digestive and excretory organs, blood composition and metabolism. The body is resistant to pathogens. The following principles should be followed when using firming procedures: start early, be gradual, and be consistent. The characteristics of the child must be taken into account. Hardening tools and everyone can do it, just don't throw the wrong thoughts that are stuck in the brain, don't surround the children, don't be afraid of the fresh air. Ventilate the room 4-5 times a day, and in summer always open the window. Because window panes do not transmit ultraviolet light, which is necessary for the growing organism. This light is an important factor that regulates vitamin D synthesis in the body. Vitamin D deficiency causes bones to become brittle and stunted in growth and development, leading to rickets. If this disease is neglected, bone deformity can occur. No smoking in the child's bedroom. Increases the risk of developing lung damage.

**Natural factors** are sunlight, water and air. It serves as a means of strengthening, strengthening and improving the ability to work. In the process of physical culture, the healing forces of nature are used in two ways:

- The effect of strengthening and optimizing exercise when the conditions associated with exercise are supplemented by environmental factors
- In the organization of special procedures, the exact way in which these natural factors are dosed, which affects the development within which means relatively independent hardening and

recovery. One of the main consequences of the purposeful use of natural environmental factors in the process of physical education is the training of a person. For comprehensive exercise, it is important to use medications that affect the body in a variety of ways, and the restraining effect can be enhanced when natural environmental factors are combined with exercise. The systematic use of hardening is scientifically justified to increase the body's resistance to the negative factors of nature and the environment. Hardening has long been used as a factor in increasing resistance for the organism. The effects of hardening were known thousands of years ago. Abu Ali ibn Sina (Avicenna) created the "Canon of Medicine" in the VIII-IX centuries. He divided medicine into theoretical and practical, and the latter into the science of health and the treatment of the sick body. There are **general** and special types of hardening.

- **General training:** proper schedule, rational nutrition, physical training.

- **Special hardening:** includes sun (sunbathing) in water (water treatments) and air hardening treatments (air baths). There are certain principles to follow when training. These include: step-by-step and systematic, taking into account individual characteristics. It is impossible to make too many demands on an unprepared organism, it is necessary to follow the principle of gradualness. Hardening of the body is the formation and improvement of functional systems aimed at increasing the body's immunity, resulting in the prevention of various inflammatory (infectious) diseases.

- **Hygienic factors** are ensured by the implementation of special norms and requirements of physical education for personal and public hygiene, living environment, etc. Adherence to the rules of hygiene in the process of physical training increases the positive effect of exercise. In this case, it is especially important to optimize the loading and resting regime, the external conditions of eating and training in accordance with the requirements of hygiene. Although the natural factors of the environment and hygienic conditions are not the main specific means of physical education, their contribution is significant. Therefore, the task is to acquire hygienic knowledge about the healing forces of nature, the ability to use them rationally independently.

- **Air baths.** Air baths, or outdoor warm-ups, are the first relaxing and effective way to exercise. Changing baby diapers, dressing them, undressing them before bathing - all these are the first air baths. In the first month of life, the dressing time is gradually extended to 3-4 minutes at 2 months of age. When the baby is 3-4 months old, it is possible to start regular outdoor exercise. At this time, the room temperature should be at least 22 °C. It can then be gradually reduced to 18-19 °C and to 16-17 °C for children over 2 years of age. It is useful to massage the child and do gymnastics at the same time as an air bath. Initial air baths should be a maximum of 2-3 minutes for 1-year-olds and 3-5 minutes for 2-3-year-olds. Children ages 4-6 can take air baths for 5 to 10 minutes, depending on their individual lift. Air baths begin in a few minutes, then every 1-1 ½ months for 30-40 minutes, then 50-60 minutes. Children who are not accustomed to weak or cool air are gradually undressed, first their arms and legs are removed, then stripped to the waist, and finally the child is stripped naked. Unwanted and very vulnerable children cannot take air baths. During the summer, when the sun is warm and there is no wind, children who are prone to rashes should take air baths in the shade of trees (up to 10 minutes at most). These air baths have a calming and toning effect on children. It is necessary to take an air bath 2 times a day. In the summer, it is best to take air baths from 8 a.m. to 6 p.m. It is useful to take water treatments at the same time as air baths, in which the second half of the day, the time after the child falls asleep, is considered the best. **Air hardening.** The air is always around us. It comes in contact with the skin - directly or through the fabric of the clothes and through

the mucous membrane of the respiratory tract. Special measures for air hardening include: sleeping outdoors in cold temperatures and air baths. Softening exercises for sensitive children should be used slowly and carefully, but it is not recommended to give up exercise completely. The personal example of an adult is important: if adults are afraid of the cold or the heat themselves and don't like to walk, they are unlikely to be able to raise children who are frozen. Changing diapers, changing clothes, undressing a baby before bathing are the first air baths, the first hardening treatments. For a breastfed baby, the air temperature should be at least 22 °C at home and outdoors when taking an air bath. Once the child is well accustomed, the temperature can be between 20 and 18 °C when taking an air bath. **Air baths** should be carried out carefully: the initial period should not exceed 2-3 minutes. Gradually the period is extended to 15 minutes for 6-month-olds and 20-25 minutes for 6-12-month-olds. The treatment can be performed twice a day. Children who are not accustomed to weak and cold weather should be undressed gradually: first their arms and legs, then up to the waist, and finally the little ones are stripped naked. During the summer, it is best to take air baths in the open air under an umbrella or in the shade of trees, as the diffused sunlight will cause a lot of ultraviolet rays.

**- It is necessary to strictly follow the rules of time in training !!!**

- **Hardening in the sun.** The firming effect of the sun is a powerful tool, while the sun's rays have a general strengthening effect on the body, boosts the body's metabolism, makes you feel better, sleeps better, and regulates skin heat transfer better. But the sun can also have a negative effect. Ultraviolet rays actively affect the body's immune system, increase the activity of the hypothalamic-pituitary system. But keep in mind that sensitivity to ultraviolet light increases with age. Unlike direct sunlight, scattered sunlight contains a lot of ultraviolet light, which causes the body to overheat. Sunbathing. Sunbathing is a very powerful means of strengthening the child's body. The biological properties of solar energy are now well understood. It has been found that the ultraviolet rays of the sun's spectrum have a stimulating effect on a number of vital functions of the child's body. Irradiation with the right dose of ultraviolet light improves the quality of the blood, increases metabolism, which is one of the theories that explains the rapid absorption of nutrients, and the acceleration of growth is due to acceleration, strong solar radiation. In medicine, sunlight is widely used for both therapeutic and prophylactic purposes. But it is important to remember that this is a very effective treatment. Excessive exposure to sunlight can adversely affect children's health and development. Exercise in the sun can be started only after the child has taken air baths and prepared for this procedure. From the age of 3-4 months, the child can begin to exercise in the sun, and only then can heal in the scattered sunlight. Children over the age of 1 can go out in the open sun for a few days under shady trees, in the shade of a canopy. In the first days it is possible to soak in the sun for 5-6 minutes. Gradually, after darkening, this time can be extended to 10 minutes.

- Sunbathing is usually carried out in conjunction with other hardening treatments. For half-year-olds, sunbathing can be done in the shade at a temperature of at least 20-23 °C for 2 to 10 minutes. Each time you sunbathe, pour water at a temperature of 30-35 °C. Children aged 6-12 months can take sunbaths in the shade for 5 to 20 minutes at a temperature of 13-20 °C, and the temperature of the water should be 28-32 °C. Even when sunbathing, it is very important to carefully monitor the child's condition from the beginning to the end of the period of sunbathing in general. If the child is lazy, has a red face, sweats profusely, has a headache, as well as a bad mood and appetite, can not sleep well, it is necessary to stop warming up in the direct sunlight. It is especially good to sunbathe from 9 to 12 o'clock in the morning, because at this time the sun is still not very hot, and the number of ultraviolet rays is very high. Sunbathing should be repeated 2-3 times while walking.

**In short**, the physiological condition of children through exercise, as well as the implementation of the above recommendations in the process of physical development, leads to high results. It is necessary not only to bring up the child in a delicate way, but also to strengthen it, to train it, to increase the activity of the growing organism. Hardened children are more susceptible to changes in humidity, heat and cold, and are less prone to colds and other illnesses. Exercise and physical training strengthen the nervous system, promote the development of muscles and bones, improve the functioning of the heart, lungs, digestive and excretory organs, blood composition and metabolism. The body is resistant to pathogens. The following principles should be followed when using firming procedures: start early, be gradual, and be consistent. The characteristics of the child must be taken into account.

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