

FORMATION OF A HEALTHY LIFESTYLE IN THE FAMILY OF PRESCHOOL CHILDREN

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ABSTRACT

A healthy society decides on the basis of a healthy family. At a time when fundamental reforms are carried out in our society, human health forms the basis of the priority directions of the activities of our state and government.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The ultimate goal of the task of educating a healthy generation is to ensure the harmonious harmonization of the nation in all respects. As a result, a healthy nation will build a great state, a perfect, free civil society.

The adoption of the law "on the health of citizens" is determined by the fact that today there are urgent issues in the health care system, namely: the legal introduction of multi-systematism in health care, the preservation of free services in the health care system, the organization of institutions that restore the strength of persons with disabilities and in need of medical and social. Also, the transition from the consultation of medical personnel before marriage, the issue of family doctors, the protection of the rights of minors to health care, the creation of favorable conditions for their physical and moral perfection, the attention to the establishment of medical services in preschool education, secondary schools and other institutions are also evidence of the strength of health policy in our country.

A network of institutions that work on the basis of farm accounting printing is being established, medical cooperatives, family doctors are gaining wide popularity, a network of pharmaceutical enterprises is developing. A legal way was opened to deal with folk medicine.

Thus, the formation of the "healthy generation" has risen to the level of Public Policy. On the basis of such a policy of our state, today, women have such important functions as the prevention of extragenital contractions, the occurrence of cases of being a mother without puberty, the prevention of the growth of incomplete children and disability. Also, training teenage girls to become a mother, preventing unwanted pregnancy, environmental situation, attention to the organization of sanitary and epidemiological cases in the environment at the required level is a pledge to be a solution to the issue of Health in the family without any problems.

It's no secret that from a healthy mother a healthy child is born. In order to ensure the health of the offspring, it is necessary first of all to preserve the mother's self-esteem. It is desirable to initially adhere to the values of the people in this place. That is, the maintenance of Chilla, the preservation of a young divorced mother and child, the conduct of extensive propaganda and propaganda work on the issues of breastfeeding is one of the main tasks of the on-site supervising organizations.

The formation of a healthy lifestyle in the family is the basis of its spiritual and medical health.

A healthy lifestyle is associated with the level of people's lives, sixat-with health, mood, aspirations, confidence, daily changes, to what extent these changes satisfy the needs of our people, with the level of socio-economic and spiritual development of society, and most importantly with measures that ensure the high efficiency of the education of the younger generation.

A healthy lifestyle is determined by the level of well-being of the family, full satisfaction of their needs for Health, household service, bringing the demographic processes to an acceptable state, the spiritual culture of the family members, their consciousness, moral aspects and their activity in social work.

Lifestyle in the family form a rational lifestyle that helps to form a healthy and mentally harmonious new generation, work, rest and social activities.

Formation of a healthy lifestyle requires improvement of housing conditions, proper family budget, proper and qualitative nutrition, strict prohibition of alcohol, drugs, smoking, regularly engage in Physical Education, full compliance with sanitary and hygienic rules, being a spiritual person. The creation of material opportunities for the family, the level of consciousness and spirituality of parents create an opportunity to raise children healthy, spiritually rich.

Ensuring the ecological well-being of the environment, the formation of environmental consciousness and thinking also gives its positive effect on the formation of a healthy lifestyle in the family, when it is carried out in the same family.

Of course, when it comes to family planning, ran is not about restricting childbirth here, but on account of the fact that the interval between childbirth is brought to the world by a healthy and energetic child, the restoration of the health of the mother is implied. This also plays an important role in ensuring the economic stability of the family in due time. The requirement for a period of enrichment and improvement of the content of information given to the teenager, the entire population about the peculiarities, theoretical and practical aspects of family reclamation.

In addition to educating the spiritual and physical harmonious generation in the family, preparing young people for the construction of family life, arming them with modern professional secrets, the formation of respect and respect for the professions, values that have been formed over the centuries by our people is an important factor in protecting the economic and social interests of the family.

When choosing the content of this concept, skills, which are formed with the help of medical-biological and pedagogical-psychological sciences, we are guided by the following principles::

- scientific and historical basis of educational content;
- to be able to meet the needs, needs, interests of young people;
- compliance of educational content with age characteristics and individual experience;
- humanism.

The current implementation of these principles, taking into account the social and individual requirements of the educator, serves to improve its cognitive activity and increase the effectiveness of the educational process.

In modern pedagogical education, the above-mentioned conditions are based on the collaborative activities of the teacher and student in the educational process based on the “subject-subject” relations. The effective implementation of such a collaborative activity is ensured by a system of forms and techniques of training.

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