

**TYPES AND RULES OF ADAPTATION OF PRESCHOOL CHILDREN TO THE
CONDITIONS OF THE PRESCHOOL EDUCATIONAL ORGANIZATION**

Oripova Nodima Halilovna

Head of the Department of Preschool Education, Karshi State University,dots.,p.f.n.

Omonova Mohinur Azamat qizi

Master's student in Educational Theory and (Preschool Education) at Karshi State University.

Annotation: in this article, the types of adaptation of preschool children to the conditions of a preschool educational organization are expressed in its main content, the problems that arise in children in the process and the methods of their elimination.

Keywords: adaptation, environment, stress, pressure, mood, feelings, fear.

Adaptation process: individ on the one hand and, on the other, the process of complete satisfaction of the needs of the environment. It is a state of harmony between individ and nature or the social environment; a process that serves as a means for the emergence of harmony between individ and nature or the social environment.

Accepting a child in kindergarten is an exciting event for the whole family. Often, preparation for this important stage in a child's life is accompanied by a deterioration in the child's well-being, exacerbation of diseases and psychological problems. In the article, we will consider the types and rules of adaptation to kindergarten.

Adaptation to kindergarten conditions

The child's body needs to adapt to new conditions. Entering a new environment, the child is experiencing tremendous mental stress, which is expressed by crying, negative emotions and feelings of fear. The child is afraid of an unknown surroundings, it seems to him that at the end of the day his parents will not come to him. Therefore, they often do not leave their parents, often beat them and get angry. The child's body needs to adapt to new conditions. Entering a new environment, the child is experiencing tremendous mental stress, which is expressed by crying, negative emotions and feelings of fear. The child is afraid of an unknown surroundings, it seems to him that at the end of the day his parents will not come to him. Therefore, they often do not leave their parents, often beat them and get angry. The duration of the adaptation process largely depends on the temperament of the children as well as their personal individual qualities. However, in general, the adaptation period lasts from 2 to 4 weeks, depending on the age of the child. Full adaptation can be determined within two months. In severe cases, this period can last up to six months.

Experts classify preschoolers into several types according to the process of moshization of preschool children and unfamiliar new conditions:

Active adaptation... The child is experiencing nervous tension from his first visit, it is difficult for him to say goodbye to his parents. It will take two weeks, and this process is gradually;

Passive adaptation. The child behaves normally, there are no negative manifestations. Experts classify preschoolers into several types according to the process of socialization of preschool children and unfamiliar new conditions:

Active adaptation... The child is experiencing nervous tension from his first visit, it is difficult for him to say goodbye to his parents. It will take two weeks, and this process is gradual;

Passive adaptation. The child behaves normally, there are no negative manifestations. But upon returning home, his mood and anxiety return. Sleep may be disturbed, constipation may occur;

Delayed adaptation. In the first days, the child calmly visits the kindergarten, but after about 2-3 weeks he begins hysterics and refuses to go to kindergarten. After that, the child goes through the usual adaptation phase;

Unsuccessful adaptation. The child's nervous system and psyche cannot cope with the flexible load. He cannot get used to his peers, to an unfamiliar environment. Delayed adaptation. In the first days, the child calmly visits the kindergarten, but after about 2-3 weeks he begins hysterics and refuses to go to kindergarten. After that, the child goes through the usual adaptation phase;

Unsuccessful adaptation. The child's nervous system and psyche cannot cope with the flexible load. He cannot get used to his peers, to an unfamiliar environment. If the process takes up to two months, the child is not ready to go to kindergarten or it is important that the conditions of the kindergarten or group are appropriate age.

Often, parents give the child to kindergarten too early to return to work. But children are not always ready to go to kindergarten and communicate with their peers.

Important! Each child is a bright personality, but the optimal age for going to kindergarten is three years. Often, parents give the child to kindergarten too early to return to work. But children are not always ready to go to kindergarten and communicate with their peers.

Important! Each child is a bright person

On their first visit to kindergarten, experts recommend following some rules:

Preparing to go to kindergarten in the morning should not rush. To do this, it is better to get up early so that the child, whose mood may worsen due to haste, has time to prepare without putting pressure on him;

Let the child take his favorite toy with him to the kindergarten. On their first visit to kindergarten, experts recommend following some rules:

Preparing to go to kindergarten in the morning should not rush. To do this, it is better to get up early so that the child, whose mood may worsen due to haste, has time to prepare without putting pressure on him;

Let the child take his favorite toy with him to the kindergarten. If this is not allowed in this kindergarten, agree with the teacher. A toy can help a child in a stressful situation;

If the child has found an exciting activity, you should abandon him and not run away until he notices you. In the following days, the child will not let you go and will arrange a tantrum during the divorce;

It often happens that in the first days the child is interested in the group, and after a few days he begins to cry, not wanting to stay in kindergarten. The explanation is that the research activities of grinding have ended. On such days, parents should get a child early:

As they say goodbye at the morning party, leave immediately after the floor kiss the child. There is no need to stretch goodbye. Children tend to be distracted by interesting things or events. Teachers help parents and children with this, captivating the child with games of knowledge;

Parents must keep their promises. If you are unable to arrive for your baby on time, notify him in advance. As they say goodbye at the morning party, leave immediately after the floor kiss the child. There is no need to stretch goodbye. Children tend to be distracted by interesting things or events. Teachers help parents and children with this, captivating the child with games of knowledge;

Parents must keep their promises. If you are unable to arrive for your baby on time, notify him in advance. Call the kindergarten, ask to transfer the child to the phone, explain that you are late for work;

Most often, mothers themselves cannot hold their feelings during the morning break-up. In these cases, the child looks at the mother's tearful face and thinks that kindergarten is not a good place to live. Know how to put an end to feelings;

The appearance of fragments at the end of the day will tell you how the day went. If your eyesight is stained, you need to talk to the teacher, find out how you can correct the situation. If your hands are in paint or plasticine, then everything is fine, the child was busy with useful cognitive activity, there is no reason to worry.

The process of moshization of preschool children to a preschool educational organization should be started before the child reaches kindergarten age. For this, the support of family members serves as an important factor for the child.

1. Strolling the child in the neighborhood on the side of grandparents;
2. Transfer to a neighbor's guest with the support of family members;
3. The process of moshization of preschool children to a preschool educational organization should be started before the child reaches kindergarten age. For this, the support of family members serves as an important factor for the child.
1. Strolling the child in the neighborhood on the side of grandparents;
2. Transfer to a neighbor's guest with the support of family members;
3. Going for a kindergarten walk with his father or mother;
4. Helping the child to establish communicative relationships between family members and adults;

In conclusion, it was not for nothing that there is a transplant in our people that "the motherland begins on the threshold", so that the first decoding of every knowledge and skill is a family. Even in the process of moshization of children to preschool education, the family, the teacher, and the healthy environment in the kindergarten affect the easy adaptation of the child to kata. For this reason, we are all qualified so that future youth can easily get used to new conditions.

Literature:

1. Belkina L.V. Yosh bolalarni maktabgacha ta'lim muassasalari sharoitlariga moslashish. - Voronej: O'qituvchi, 2006 yil, - 236 b.
2. Rodger N. M. Bolalar bog'chasida bolalarni moslashtirish // psixologiya va pedagogika: amaliy qo'llanilish usullari va muammolari. 2014. № 41. 64-68.
3. Kolbasa A. S. Bolani bolalar bog'chasiga moslashtirish [Elektron resurs]: <http://festival.1sepnbem.ru/tiscles/503455/> (Apellyatsiya sanasi 07/10/2016).
4. Prokopenko N. N. Bolalar bog'chasidagi moslashuvining sabablari // Zamonaviy ta'limni rivojlantirish: nazariya, metodologiya va amaliyot: materiallar VIII International. Ilmiy - Balki (Cheboksar, 31-iyul 2016 yil) / RGGARTE. : O. N. Shirokov [va boshqalar]. - Cheboksary: \u200b\u200bCNS "Interfaol Plus", 2016 yil. №2 (8). - 47-49.