

FEATURES OF FORMING A HEALTHY LIFESTYLE IN PRESCHOOL EDUCATIONAL INSTITUTIONS

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Abstract: In preschool educational institutions, children not only acquire knowledge but also develop skills aimed at forming a healthy lifestyle. In these institutions, children learn important aspects such as physical activity, healthy nutrition, personal hygiene, and psychological resilience. A healthy lifestyle plays a crucial role in children's physical and mental development, laying the foundation for their healthy and stable life in the future.

Keywords: Preschool education, healthy lifestyle, physical activity, healthy nutrition, personal hygiene, psychological resilience, child development.

Introduction

The Resolution of the President of the Republic of Uzbekistan No. PQ-2707 dated December 29, 2016, "On Measures to Further Improve the Preschool Education System in 2017–2021" is an important document aimed at reforming and developing the preschool education system. This resolution outlines key measures for forming a healthy lifestyle in children and strengthening their physical and mental well-being. These include reconstructing preschool educational institutions, strengthening their material and technical base, and equipping them with modern facilities. Additionally, programs promoting sports and wellness activities, proper nutrition, and hygiene practices are being developed and implemented. Collaboration with parents and families to provide relevant guidance and support in fostering a healthy lifestyle in children is also emphasized.

Preschool educational institutions play a significant role in the physical, mental, and intellectual development of children. In these institutions, children not only receive education but also acquire the fundamentals of a healthy lifestyle. Therefore, serious attention should be given to forming a healthy lifestyle in preschool educational institutions, ensuring children's physical activity, healthy nutrition, and psychological stability. The formation of a healthy lifestyle also lays a strong foundation for children's future well-being and social success.

Main Part

In preschool educational institutions, children acquire knowledge in various subjects and develop essential skills for their healthy growth. These institutions provide opportunities for children to participate in activities that promote a healthy lifestyle, develop physical abilities, and learn about healthy eating habits. Moreover, children are taught personal hygiene, self-care, and psychological resilience. A healthy lifestyle is an integral part of human life, encompassing physical activity, proper nutrition, a healthy environment, and hygiene practices. Developing these habits in children ensures their future growth into healthy and resilient individuals.

Key Factors in Child Development: Nature, Sleep, Play, and Medical Prevention

Child development is a complex process influenced by various factors. A healthy environment, sufficient sleep, creative play, and regular medical check-ups all have a positive impact on children's physical and mental well-being. Below, we explore the importance of these factors in child upbringing.

Activities Related to Nature

Outdoor activities significantly benefit children's physical and cognitive development. Engaging

in gardening, planting crops, and observing nature helps children develop ecological awareness and a sense of responsibility. Additionally, spending time in nature promotes a healthy lifestyle by encouraging physical movement. Nature-related activities not only increase children's curiosity about life but also help reduce their stress levels.

The Importance of Sleep and Rest for Children

Healthy sleep is an essential part of child development. Studies show that when children get enough sleep, their memory, learning abilities, and physical growth improve. On the other hand, sleep deprivation can lead to nervous system disorders and reduced attention span. Therefore, parents should ensure that children follow a strict sleep and wake-up schedule. Well-rested children wake up feeling more energetic and joyful the next day.

Play Therapy and Creative Activities

Creative play, theater, and puppet shows play a crucial role in strengthening children's mental health. Play therapy allows children to express their emotions, reduce stress, and develop communication skills. Additionally, creative activities such as drawing, sculpting, and storytelling enhance children's logical thinking and imaginative abilities. Parents and educators should provide children with opportunities to express themselves freely through play.

Medical Check-ups and Prevention

Regular monitoring of children's health plays a vital role in ensuring their long-term physical and mental well-being. Routine medical check-ups help detect health issues at an early stage. Pediatrician supervision, vaccinations, and a diet rich in vitamins and minerals contribute to strengthening children's immune systems. Therefore, parents must take their children for regular medical check-ups and adopt necessary preventive measures.

Research Results and Analysis

Preschool educational institutions play a crucial role in children's growth and development. In addition to academic learning, children participate in activities aimed at their physical, psychological, and social development.

The following are the key directions in forming a healthy lifestyle in preschool educational institutions:

1. Physical activity and sports

Children engage in morning exercises, active games, gymnastics, and various physical activities. These activities strengthen their muscles, improve coordination, and enhance their overall physical well-being. Outdoor activities contribute to boosting immunity and increasing resilience.

2. Healthy eating culture

Preschool institutions emphasize a balanced diet. Children's meals are enriched with essential vitamins and free from harmful products. They are also taught table manners and the importance of timely and proper nutrition.

3. Personal hygiene and self-care

Children learn hygiene practices such as handwashing, brushing teeth, maintaining clean clothing, and personal care habits. These practices help prevent diseases and create a healthy environment.

4. Psychological and social stability

Children's psychological well-being is given special attention in preschool institutions. They participate in activities that help them manage stress, express emotions correctly, interact with others, and develop social skills. These contribute to their emotional resilience and preparedness for future challenges.

5. Hardening and healthy environment

To support children's healthy development, their bodies need to adapt to natural conditions. Activities such as air baths, sunbathing, bathing routines, and outdoor games are organized in preschool institutions. These measures strengthen children's immune systems and improve their resistance to diseases.

6. Medical services and preventive measures

Children's health is regularly monitored in preschool educational institutions. They undergo periodic medical check-ups, and doctors and nurses supervise their well-being. Preventive measures are also implemented to protect against illnesses.

Conclusion

Forming a healthy lifestyle in preschool educational institutions is a crucial factor in children's physical, mental, and intellectual development. Several measures need to be implemented to strengthen children's health and promote a healthy lifestyle.

Firstly, physical activities play a vital role in boosting immunity, increasing movement activity, and protecting against diseases. Therefore, preschools should regularly organize daily physical education exercises, group games, gymnastics, and sports events. Engaging children in various active games helps develop their balance, endurance, and muscle strength.

Secondly, proper nutrition is a fundamental factor for children's healthy growth and development. Attention should be given to children's balanced diet, ensuring it includes essential vitamins and minerals. Reducing the consumption of sugar and unhealthy products while incorporating natural foods, fruits, and vegetables is necessary. Proper nutrition enhances not only physical development but also children's focus and cognitive abilities.

The third important factor is personal hygiene. Children should be educated on hygiene rules, including handwashing, teeth brushing, maintaining clean clothing, and personal care. Conducting special educational sessions on hygiene helps prevent diseases and ensures a healthy environment for children's growth.

Fourthly, psychological well-being should be given special attention. Creating a warm and supportive psychological environment in preschool institutions, providing emotional support, and fostering positive emotions are essential tasks. Engaging in meaningful communication with children, understanding their needs, and helping them manage stress require the involvement of qualified psychologists and educators.

Moreover, parents should actively participate in promoting a healthy lifestyle for their children. Collaboration between preschool institutions and parents can enhance children's knowledge of healthy habits and reinforce these skills. Factors such as physical education activities, proper nutrition, personal hygiene, and psychological support play a key role in raising healthy and well-rounded individuals. Therefore, preschool educational institutions should systematically implement measures to form a healthy lifestyle, ensuring children's overall well-being and long-term success.

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