

Ways to shape a healthy lifestyle in the family of preschool children

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Abstract: *Preschool education, family and community cooperation play an important role in shaping a healthy lifestyle for preschool children in the family. On the basis of this cooperation, the activities of preschool education organizations, families, neighborhoods, preschool children in the formation of a healthy lifestyle in the family will be significantly improved.*

Key words: *Family, healthy lifestyle, knowledge, skills, abilities, education*

Preschool education, family and community cooperation play an important role in shaping a healthy lifestyle for preschool children in the family. On the basis of this cooperation, the content of the activities of the preschool education organization, family, community, preschool children in the formation of a healthy lifestyle in the family will be improved; work forms and methods are enriched; mutual experience is exchanged; a critical and imitative approach emerges in business activities; repetition, repetition is not allowed in educational work; quality indicators of the educational process grow; an integrated mechanism of cooperation will be created; There is a need of the time in the upbringing of preschool children in a healthy lifestyle in the family, there is an opportunity to conduct educational work at a scientific, practical, high level.

The effectiveness of interaction in the formation of a healthy lifestyle in the family of preschool children has its own characteristics. They are:

- The knowledge, skills and abilities formed in preschool educational institutions will be strengthened, enriched and improved;
- The content, form and methods of educational work are organized not on the basis of existing achievements, but on the basis of shortcomings, interests and aspirations of preschool children;
- Consistency, consistency in activities, the advantage of relying on public opinion;
- Public monitoring of the evaluation of the results of educational work.

When studying and analyzing the current state of the problem, it became clear that a negative approach to the effectiveness of educational activities carried out in collaboration with the family, community, preschool organization is required. Including them

- Ineffectiveness of educational work aimed at increasing the knowledge of preschool children in the spiritual, moral, medical and social preparation for school life, the formation of a healthy lifestyle;
- Insufficient number of booklets, brochures and notes and methodological materials aimed at promoting a healthy lifestyle of preschool children in the family and preschool education;
- parents do not pay enough attention to the knowledge and realization of the lifestyle, talents, interests and abilities of the child in the family;
- Insufficient attention of preschool children to a healthy lifestyle in the family, national traditions, universal values formed over the centuries;

- Lack of medical literacy of parents and educators ;
- ignorance of educators about the forms and methods of educational work on the formation of a healthy lifestyle;
- Lack of research on pedagogy, psychology, science, etc. on this problem.

In order to prevent these shortcomings, the educational work carried out in cooperation with the family, community, preschool education is planned, focused on a specific aspect of a healthy lifestyle, organized on the basis of demand and need, formed on the basis of national and universal values. The organization of educational work in traditional and non-traditional forms, taking into account the problems of sanitary and hygienic condition of families, is also a pedagogical requirement.

Experience has shown that a special chain has been formed for preschool children to form a healthy lifestyle in the family, and if there is a gap in any of them, the expected result in ensuring continuity in educational work can not be achieved.

It is impossible to achieve the desired result without the cooperation of the family, community, preschool education organizations on the basis of the formation of a healthy lifestyle in the family of preschool children . Entities directly involved in the formation of a healthy lifestyle in the family of preschool children closely assist them in organizing, managing, directing, evaluating and monitoring the results of educational activities.

The content of this chain and its effectiveness depends on the chosen topic for the educational event, scientific and methodological sources. They are: scientific-methodical, popular literature on human spiritual and physical health, healthy lifestyle; heritage of ancient and medieval thinkers, religious sources; internet materials; best practices, examples of scientific achievements; visual aids (posters, booklets, handouts).

The success of educational activities based on the chain of cooperation depends on the level of training, worldview, relevance, responsiveness, level of knowledge, experience, self-efficacy, level of responsibility and opportunity, creativity, attitude to work, foresight, dedication, attitude to news. .

In the formation of a healthy lifestyle in preschool children:

- strengthening the role of state and public organizations in supporting the interests and aspirations of preschool children, solving their problems;
- Carrying out constant monitoring of the work carried out in cooperation with the family, community, preschool education on the formation of a healthy lifestyle in preschool children in the family and the establishment of appropriate measures, strengthening their control;
- maintaining the health of family members, ensuring the healthy physical growth of preschool children;
- upbringing children in the family in all respects spiritually, spiritually and morally;
- Ensuring that children are involved in physical culture and sports;
- upbringing children in the spirit of respect for national and universal values, devotion to family traditions and customs;
- formation of a culture of interaction of family members, a healthy spiritual environment between spouses, parents and children, the formation of a healthy lifestyle;
- Regularly inform children about a healthy lifestyle;
- Preservation and enrichment of the dynasty of families;

- It is necessary to carry out educational activities to raise the awareness of young people on issues such as achieving full economic security of the family.

Also, in ensuring the effectiveness of the content of cooperation:

- Special attention to the importance of a healthy lifestyle, the role of physical education and sports in human life, the impact of ecology on human health, the sanctity of marriage among young people, the preparation of young people for family life, the preparation of young people for family life in educational institutions. it is necessary to strengthen the demand for teaching courses.

The solution of the above-mentioned social problems, the development of effective technologies of research on the formation of a healthy lifestyle with preschool children and regular monitoring will determine their role in ensuring the development of society.

Activities carried out in our country, the use of the traditions of family athletes; formation of a culture of understanding of the essence of life, respect for the value of life, rational organization of life activities among members of society, especially among the next generation; formation of public opinion on the values of land, water and air by promoting among the public the principles of moderation and freedom in Islamic philosophy; Involvement of the general public in the elimination of negative situations through the widespread promotion of the impact of the spiritual and psychological environment in the family on health in the scientific and popular literature, to increase the personal moral responsibility of parents in this regard; recognizing only the basic ideas and knowledge of reproductive culture and law in families, serves to methodologically improve the effectiveness of work in this area.

Preschool children in the formation of a healthy lifestyle in the family are complete, incomplete or restructured families, nuclear or multi-generational family, number of children, social background and level of education of the couple, young family or many years of experience and financial status, as well as, parental leadership plays an important role in the family.

The spiritual environment of the preschool, family and community is a pedagogical factor in the formation of a healthy lifestyle in the family of preschool children.

In the course of the pilot work, we involved young parents in the formation of a healthy lifestyle in preschool children in the most exemplary families in Yunus Rajabi mahalla of Tashkent. There were several training sessions, including 5 courses on family demography, family law, family psychology, family spirituality, family medicine, family and its types, demographic development, social and economic functions of the family, the basis of the existence and duration of marriage. birth of a healthy child in the family, care, physiology and hygiene of youth, the role of physical education and sports in the spiritual and physical development of youth, family nutrition, dress code, parents to form a healthy lifestyle in the family, family thrift, family business, family hygiene and health, family customs and rituals, the role of parents in raising family morale, prevention of exposure of young people to harmful habits in the family, vocational training of children, family conflicts, their causes, family stress, family stress known for prevention problems were given.

The goal of involving parents is to inculcate in them a philosophy of healthy lifestyles, to form in them a healthy lifestyle, which involves not only scientists and intellectuals, but also experienced parents, educators and coaches.

The majority of the trial participants were 26-35 years old, representing 51.2 percent of the participants. Seventy percent of the listeners were women and 20 percent were men.

The results of experimental work show that in the formation of a healthy lifestyle in preschool children, it is necessary to pay special attention to a number of priority issues in the cooperation of the family, community, preschool education:

- Ensuring the cooperation of the family, community and community in the formation of a healthy lifestyle;

- It is necessary to properly organize, control and meaningfully organize leisure time for preschool children, to achieve the organization of their active leisure time, not passive leisure time;

- Involvement in physical culture and sports;

- Ecological education, inculcation of ecological culture in the minds of preschool children ;

Thus, in our view, preschool children are effective in shaping a healthy lifestyle in the family in the following cases: raising children in the family and their mental state, achieving a culture of communication with children during this period; setting the agenda for preschool children ; to pay special attention to the health of children, to organize medical examinations at least once a year, to teach them to follow the rules of personal hygiene; fostering healthy communication between parents and children, between children, achieving a culture of mutual respect and communication between family members; not to let every behavior of the children get out of control, not to allow indifference. Preventing exposure to various harmful habits; to achieve the correct and efficient organization of children's rest and leisure. Establishing active use of holidays and free time is at the forefront of family upbringing.

To study the interpretation of a healthy lifestyle in hadith and folk pedagogy; formation of a healthy lifestyle through the formation of a culture of pedagogical communication between teachers and preschool children; organization of clubs in different directions in order to form a healthy lifestyle. Achieving the formation of a healthy lifestyle in the circles on the basis of ecological culture, communication culture, physical culture, pedagogical culture, etc .; use of effective forms, methods and tools for the formation of a healthy lifestyle in preschool and in the classroom and outside school hours; to pay special attention to the formation of a healthy lifestyle in preschool children on the basis of the idea of national independence; Creation of a mechanism of preparation for school on the basis of formation of a healthy way of life of pupils. Effective use of scientific methodical, popular literature, booklets, notes, brochures devoted to formation of a healthy way of life in educational process provides effective content of formation of a healthy way of life.

In neighborhoods and settlements, develop community, preschool, and community partnership plans to promote healthy lifestyles; to pay special attention to the fact that no family is left out of the joint activities; organization of round tables, seminars, seminars-trainings aimed at improving the medical and legal culture of parents in mahallas; establishment of sports and health-improving activities, organization of sports grounds, sports clubs, physical culture and sports events for the youth of the mahalla to go in for sports; identification of young people with various malignancies, explanatory work with them, organization of psychological assistance; inculcating in the minds of young people the sanctity of family and marriage in the formation of a healthy lifestyle; Involvement of reputable, elderly, experienced parents of the mahalla in the formation of a healthy lifestyle among the population and the organization of various events among young mothers based on the norms of reproductive law. These issues will be effective only if they are organized in cooperation with the family, community and preschool education institutions.

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