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## The importance of education in the education of preschool children

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**ABSTRACT**

The family plays an important role in preparing a child for school. Raising a child is a difficult and complex task that requires all members of the family to have a high sense of responsibility for the fate of the children. In preparing a child for school, it is good to combine all aspects of education, including spiritual, moral, mental, aesthetic, physical and labor. This article discusses about the importance of education in the education of preschool children.

**Keywords:**

Preschool education, institutions, raising child, aspects, responsibility, objectives, development, requirements

In preparing a child for school, it is good to combine all aspects of education, including spiritual, moral, mental, aesthetic, physical and labor. Spiritual upbringing can be instilled in a child by telling him about the national heroes who fought for the prosperity of the Motherland, peace and prosperity of the country in the past, and by teaching us our independence, values and traditions. In the process of family upbringing, a number of moral aspects of the individual are formed, and no other object of upbringing gives the same high results as in the family. The family also plays an important role in the aesthetic upbringing of future generations. Singing songs in the family circle, reading a fairy tale or play in the family circle, watching and analyzing performances and movies together, etc. are aspects of shaping a child's aesthetic

upbringing. Each family determines its own living conditions, such as the nature of the work, the rituals, the number of children, and so on. One thing to keep in mind, however, is that the interval between breakfast and lunch for a preschooler should not exceed 4 hours, and the interval between lunch and dinner should be slightly larger (6 to 7 hours), including light meals and evening tea. A child's daily sleep should be about 11 hours. Get the child used to resting for 1-1.5 hours after lunch. In the evening, he should always go to bed at the same time, no later than 9 o'clock. Getting your child used to brushing their teeth and washing their face and hands and feet before going to bed should never allow them to have breakfast on the spot. In order for a child to develop normally, he needs to work hard in the fresh air. The child should spend at least 4

hours outdoors in winter and almost all day in summer. Strict control is needed to keep the child on schedule. The child must become accustomed to the fact that he is obliged to follow the agenda and that no hych and pleas can cause him not to eat or play at certain times. At the same time, the need for an agenda and its benefits should always be explained.

Parents should take great responsibility for the physical well-being of their growing children. For example: morning physical activity with children, proper and balanced diet, rest, proper sleep, adherence to the schedule, timely medical supervision. Labor education is important in a child's life. Labor is a means of cultivating in children coherence, attention, diligence, as well as the development of willpower, such as perseverance and perseverance in achieving goals. A child's life routine is usually faster for a healthy child than for a sick or weak child to be on the school agenda and to keep quiet during the whole lesson. Getting up, eating and sleeping at a certain time in the morning should be strictly followed in preparing the child for the school schedule and in strengthening his health. The implementation of the goals and objectives set for the development and preparation of preschool children for school is monitored by the State Requirements for the Education of Preschool Children. The state requirements are the main directions of the content of education for preschool children and the minimum requirements for their level of readiness for school, which is recognized as a state document. Achieving the goals and objectives set for the development and preparation of children for school is based on the Child Development and Preparation for School framework. The level of pre-school preparation determines a certain level of maturity of the whole organism and the nervous system, which can perform mental and physical functions. At the same time, simple knowledge of the environment is of great importance in the formation of social and moral qualities of behavior. Kindergarten educators must have sufficient pedagogical and technological knowledge and experience to properly assess each child's readiness for

school, based on the requirements of the "State Requirements for Educators of Preschool Children." If the child is developing normally in the preschool period, if there are no strong influences on his physical and mental development, then the child reaches the level of education at the age of seven. However, in some families and kindergartens there are children who are not ready for school. Such children undergo a special examination under the supervision of a specialist and draw conclusions about the specialist. One of the characteristics of a child's unpreparedness for school is the inability to play independently and the low level of social development. We can see that the issues of educating preschool children are covered in the legacy of Abu Ali ibn Sina. Beruni advises parents to work with their children, play games, and have conversations with them. Beruni's ideas about the goals and objectives of education and the development of the individual are based on the idea of humanity. He concludes that every parent should instill this idea in their children. Development is a physical, mental, and social process in a person that involves all the innate and acquired quantitative and qualitative changes. When a child is born, he knows nothing and cannot do anything. He should rise to a slightly higher level of development and remember many of his knowledge and skills for any useful work. The memory of preschoolers is often involuntary. Imagination also plays an important role in the mental development of preschool children. Imagination is formed in the process of a child's life, in the influence of education and upbringing in his activities. When a child's imagination begins to play with a plot, when adults tell interesting tales, the first signs of interest appear in those tales. But the imagination in a child depends on a more specific situation (e.g., if a puppet is seen, he falls asleep, if there is a car, he carries something, etc.). By the age of adulthood, the child's experience increases and activities become more complex, resulting in a significant change in the child's mindset. Preschool education develops the tasks of mental education of children of school age based on

the social requirements of our society and the nature and essence of human intellectual development. Knowledge shapes a person's attitude to work. The development of mental activity depends on the amount and nature of knowledge. Encouragement of mental activity also means the formation of intuition and perception of mental processes, impressions, memory, thinking, imagination and speech. At the same time, they must have the subtlety and precision of emotions, the consistency and completeness of perception, the strength and consciousness of memory, the logic of thinking and its flexibility, creativity and independence, which ensure the maximum efficiency of mental activity.

Preschool children are introduced to social events and phenomena that are understandable to them, people's labor, national holidays, the life of some peoples living in our republic. These events help to arouse their interest in the social life of our society, to form a sense of love for the Motherland and the foundations of internationalism. Mental education is the systematic and systematic development of the cognitive abilities of preschool children, equipping them with the simplest system of knowledge set out in the kindergarten program, the formation of skills and abilities. Education plays a leading role in the mental education of children of preschool age. Because in the process of education all the issues of mental education are solved. Education is about identifying that knowledge and giving children consistency of knowledge systematization, cognitive processes, the development of thinking activity. Education helps to develop qualities such as observation, curiosity and selectivity, alertness, critical thinking. Growth in physical development, weight gain, development of sensory organs, the ability to control movements. In the process of spiritual development, there are important changes in the process of formation of psychological qualities and traits in the personality, emotional will, cognition. The social development of a child is reflected in his behavior and attitude to the environment when he begins to participate in social life. The

formation of the individual is carried out through the acquisition and education of the socio-structural experience created by human society. This occurs in a variety of activities. The choice of content that children should acquire and guide their acquisition is made by adults in the educational process. The content, means, methods of upbringing and education, the process of development of the child are explained by their age. In particular, when working with young children, it is taken into account that they are not completely adapted to independent living. In later age groups, the independence and adaptation of the preschool child will increase significantly. Accordingly, the tasks, content and means of educational work will change. The level of development of children by the end of preschool age makes it possible to complicate the educational work with them.

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