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The Role of Parents and Its Significance in Forming a Healthy Lifestyle in the Family

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ABSTRACT

In this article, parents are given the necessary advice to direct the life of their children in the right direction and organize a healthy lifestyle. When parents are at home, they are advised to make a schedule in accordance with the schedule in kindergarten or school, depending on the age of the children. The daily routine is important not only for children, but also for adults. Therefore, it is recommended to follow the advice of teachers and pediatricians when planning a children's day.

Keywords:

Adequate, assimilation, healthy lifestyle, regime, ecology, aesthetics, hygiene, healthy eating, altruistic, biorhythm, stereotype, swimming, massage, thermoregulation, metabolism, breathing, trauma.

Significance: The family has a great role and importance in the child's life in the development of a child's organism into a physically, mentally and spiritually healthy generation.

The outbreak of the COVID-19 coronavirus pandemic in the world showed that the level of health, physical health, and healthy living of the population in Uzbekistan, as well as in the countries of the world, is weak.

All of us seriously conclude from this by giving up harmful habits, regularly engaging in mass sports, following the principles of proper nutrition, in particular, foods with a large amount of salt, sugar and fat, as well as doughy foods and sweets, today's era demands that we should not consume more than the norm of bread products, in a word, we should turn a healthy lifestyle into our daily life.

Ensuring that every citizen develops a strong immune system against diseases by regularly engaging in physical education and

mass sports and forming life skills for a healthy lifestyle, abandoning harmful habits, It was aimed to follow the principles of nutrition, to systematically and efficiently organize restoration and rehabilitation works and mass physical activity events, to create appropriate infrastructure and other necessary conditions in this regard.

The purpose of the work: to analyze the strengthening and control of the role of the family, as well as parents, in the correct and orderly organization of the daily routine of children of preschool and primary school age.

Research results and discussion.

The children's regime is the correct distribution of time and the organization of the correct sequence in meeting the basic physiological needs of the child's body, as well as sleeping on time and eating food rich in minerals.

In general, the regime is the basis of biorhythms in the body, which contribute to

the normal functioning of human internal organs. The correct regimen ensures a balanced, strong state of the child, protects the nervous system from overwork, and includes favorable conditions for the child's physical and mental development. The age and individual characteristics of the child are taken into account when creating a daily routine. Parents should know that the routine in kindergarten or school is set according to the age of the children, so it is important to follow the same routine as much as possible at home, on weekends and holidays, or when the child is sick, which for the health of the child.

A healthy lifestyle is important for a child's proper development, healthy life, strong immunity and education. In this, the role of the family is big and leading. The task of the family is to form the correct idea of a healthy lifestyle in the child, to provide him with favorable conditions for this, that is, the correct regime of the day, work, rest and sleep. is to provide. There are several options for the influence of the family on the development of a healthy lifestyle. It is known that children learn their parents' lifestyle, habits, attitude to life, including physical culture, and have a significant impact on the formation of the desire to engage in physical education. Forms of training can be different - walking, skiing, games, participating in team competitions.

Today, the problem of children's health is very urgent. Ask yourself a question. "What is more important for us? - children's physical condition or education". Even the German philosopher A. Schopenhauer said: "Health is so superior to all other blessings that a healthy beggar is happier than a sick king." The leading factor in health is the lifestyle that a family can create. Educators monitor the condition, conduct physical training and provide health information. But this is very little. Every parent wants to see their child healthy and happy, but not everyone thinks that their child lives in harmony with himself and the world around him. Meanwhile, the secret of this harmony is simple - a healthy lifestyle. It includes maintaining physical health, without bad habits, eating right, altruistic attitude towards

people, joyful feeling of one's existence in this world and the desire to help those who need it.

As a rule, the result of a healthy lifestyle is physical and mental health, which are closely related to each other. It is not for nothing that people say: "A healthy mind in a healthy body." Psychologists and teachers have long found that the most favorable age for the formation of good habits is preschool and elementary school age. During this period, the child spends a large part of his time at home, in the family, among relatives, their lifestyle and behavior stereotypes shape their ideas about life. ng become strong factors. That's why in the family, various relationships of a person to himself and his health, to the health of his loved ones, to people, to work, and to nature are laid.

Creating a comfortable moral environment in the family, which is manifested in kindness, willingness to forgive and understand, strive to help, make each other happy, take care of the health of family members, is important for the development of the child's spirituality. . Of course, a healthy environment is completely excluded in families where quarrels often occur, where one of the parents consumes alcohol, where violence and rudeness prevail.

We should not forget about the benefits of simple rules, following them will help to maintain health. Morning exercises with elderly family members, running around the house, walking together, observing the rules of personal hygiene and creating a comfortable spiritual environment and healthy lifestyle in the family are also recognized through the joint participation of children and parents in various activities. is mounted.

It is necessary to create and maintain an environment that meets the requirements of labor, environmental cleanliness and aesthetics at home in order to form correct ideas about the lifestyle of children. Together with children, you can implement the most suitable option for arranging furniture, organizing things, cleaning, and airing rooms. In addition, the field of activity with the land is unlimited: planting bushes, flowers, trees together, taking care of them; winter feeding of birds, care of domestic animals. All this forms in the heart of the child

responsibility, sympathy, desire to help, pride in good work.

At the same time, basic skills, including a healthy lifestyle, are formed during childhood. Personal hygiene includes a daily routine, a rational nutrition system, sports and fitness, vision and mental work hygiene, body hygiene (skin, teeth, hair care), clothes, shoes and housing hygiene. If a child eats, goes to bed, and attends classes on time, it has a good effect on his body's readiness for future activities. Such a child eats with appetite, falls asleep quickly and learns lessons normally, that is, he saves time for everything and is less tired. Each family has a different daily routine, but the basic plan of the routine should remain constant. This applies primarily to sleep.

Systemic lack of sleep disrupts the efficiency of the central nervous system, leads to overwork and neuroses. The habit of sleeping on time can only be developed by the family, it is best if the parents themselves fall asleep at a certain time, but falling asleep in front of the TV screen has a negative effect on the child's mind.

Many children suffer from motor activity, but in one day they have to run, jump, walk about 3-7 km during the hours they are at school. Because the whole body needs oxygen. Otherwise, children simply cannot cope with static and psycho-emotional stress, in other words, they cannot sit, listen, and memorize. It is recommended that you teach classes in a ventilated room. It is especially worrying that many students sit in front of the TV for more than 2 hours every day instead of walking in the fresh air and playing sports. There is no substitute for parents. Unfortunately, few families start the day with hygienic exercises, spend weekends in nature and do sports in the cold season. For example, forms of physical education in the family include walking and hiking, swimming, skiing, skating, cycling, and simple jogging. At the same time, the effect of swimming on the human body is useful and diverse. During swimming, the human body is in a horizontal position in the water environment, which frees the spine from the burden of body weight; favorable conditions are created for the formation of the correct

position. Under the influence of water, blood circulation in the veins of the skin is activated, washed with water and massaged. Staying in water hardens the body, improves its thermoregulation, increases resistance to cold and temperature changes. During swimming, the metabolism is activated, the activity of the entire nervous system is activated, many muscle groups, joints and ligaments are exercised, and as a result, the child develops immunity against various diseases.

Immunity also appears through proper nutrition of children. It is very important to instill in children the knowledge of how much and what kind of food to eat, which is also determined by parents in the family. A child from childhood: to be healthy, it is necessary to eat 500 grams of vegetables, fruits, black bread a day, but high-quality flour products (white bread, buns, waffles, pies, cakes) should be eaten as little as possible, because they have a negative effect on health. Parents should not allow their children to eat "fast food" every day: chips, "kireski", all kinds of sweets, carbonated drinks are among them. In the winter-spring period, children should increase their intake of foods containing vitamins (citrus fruits, onions, vegetables, dairy products). The salt you eat during the day should also contain iodine.

The desire to be healthy and beautiful, to succeed at work is also a family value. Parents set an example in this regard, first of all, in conversations with their children. No matter what kind of misbehavior children have, we must follow the rules of effective communication when dealing with them. If we know how to control ourselves, our children will be able to give an account of their actions in any situation.

When it comes to physical activity, a child often has a strong desire to do only favorite exercises, for example, riding a scooter, playing with a ball, jumping rope. And the role of adults in these activities is not to allow the child to be limited only to such physical activity, it is necessary to form the habit of doing morning exercises. It is important to get used to long, regularly repeated exercises aimed at training and improving cycling, which

is of great importance in health promotion. It provides reliable protection against acute respiratory diseases and opens resistance.

Normal cycle training is running at a speed of 1.5-2 km per hour. Performing such exercises starting from the 3-4th year of life (mainly in the form of a game) has a health-giving and overall developmental effect. Loads should be gradually increased, but not by increasing the distance covered, but by repeating it in one lesson (2-3 times). Gradually, with properly organized training, the endurance level of school-aged and preschool children increases to stress-free running of 3-5 km. A sports corner organized at home helps parents organize their children's free time wisely and helps to strengthen their skills. It is advisable to perform physical exercises before games. Because a heating current occurs in the human body and prevents injuries.

It is necessary to organize evening walks and walks, this will help the child to be in a cheerful mood, children will fall asleep quickly and sleep more deeply. Proper organization of the walk itself is very important. At any time of the year, while being in the air, the child needs to rest from time to time. At the same time, he should dress according to the weather conditions. During the day, you should pay attention to how the child sits, walks, runs, etc. Because a good mood not only for children, but also for the whole body affects the activity during the day.

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