

**FORMATION OF CULTURAL AND HYGIENIC COMPETENCES OF CHILDREN IN
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Annotation. This article describes the hygienic education and upbringing of children in educational institutions, game and competitive forms of education and upbringing, personal hygiene, the health of the population of children and adolescents, the conditions for its formation, health indicators of each child and the team, physical education hygiene, hygiene of the daily routine and the educational process, hygiene of labor education, hygiene of children and adolescents' nutrition.

Keywords: hygiene, health, pedagogical impact, hygienic education, didactic game.

The development of cultural and hygienic skills and abilities is one of the main tasks of forming a healthy lifestyle for children. The formation of cultural and hygienic skills from the first days of life is not only the study of rules and norms, but also a huge process of socialization, the child's entry into the adult world. This process cannot be started later, the period of early and early childhood is most favorable for the formation of cultural and hygienic skills. Later, other functions and qualities are developed based on them.

The development of self-sufficiency and cultural behavior among young children is one of the tasks of adaptation to success in society and protecting their health. The successful formation of cultural and hygienic skills is solved by the following tasks: Development of the ability to develop cultural and hygienic skills and self-service skills; Encourage children to be independent;

Providing a subject-developing environment with a complex of educational and didactic aids for the upbringing of cultural and hygienic skills in young children; Improving the pedagogical skills of parents in the education of hygiene and self-care skills in young children. In the process of daily work with children, it is necessary to strive to ensure that compliance with the rules of personal hygiene becomes natural for them and that hygienic skills are improved.

Skills are the child's ability to perform certain actions based on the acquired knowledge.

Ability is an automated action formed as a result of repeated repetition and training. The transition of a habit to a habitual state is achieved through regular repetition of certain identical or similar conditions. Unlike skills, they provide not only the ability to perform a habitual action, but the fact of its implementation. A habit that has become an obligation is a habit.

Habits acquired by children have been around for a long time and, like folk wisdom, are subject to change. Acquired habits are intrinsic and difficult to re-educate. The principles of the formation of cultural and hygienic competence include: a systems approach; regularity and continuity; the developmental nature of learning, taking into account the age and individual characteristics of the child; the integrity of the approach of teachers and parents to the formation of cultural and hygienic skills.

The formation of habits and skills is carried out under the direct pedagogical influence of adults and the entire environment. The strength and adaptability of skills and habits depend on a number of factors: conditions, timely completion of this work, the child's emotional reaction to

the actions performed the systematic implementation of children in certain actions. In small educational institutions, special attention is paid to the formation of new responsibilities for children, new things, new types of skills that children must master, new habits. At the same time, children do not only what they want, but also what is necessary, overcome difficulties of a different nature. Cultural and hygienic skills and habits are usually formed at an early age.

Hygienic skills are formed in young children. In the future, the acquired skills should be consolidated and expanded. In order to more successfully form and strengthen hygiene skills at an early age, it is possible to recommend pictures, symbols on various topics using special sets for hygienic education in kindergarten.

All information about hygiene is given to children in the process of various activities and recreation. For effective hygienic education of young children, the behavior of adults is very important. We must always remember that children of this age are very careful and prone to imitation, so the teacher should be an example for them. In the process of daily work with children, it is necessary to strive to ensure that the implementation of personal hygiene rules becomes natural and their hygiene skills constantly improve with age. At first, children are taught to follow the basic rules: wash their hands before eating, wash their hands after using the toilet, play, walk, etc.

When evaluating individual activities for the formation of cultural and hygienic skills, it is necessary to develop general criteria, clearly define the order of things, toys, their cleaning and storage. It is about the conditions, purpose and place of any things that are needed for toddlers during the day. For example, in the bathroom there should be enough solutions of the required size, each of which has soap. Towels should be placed according to the growth of children; This will increase children's interest in washing. Hygienic education and training are inextricably linked with the strengthening of cultural behavior. In the process of learning self-service skills when working with young children, educators use didactic games. Children are considered the most promising age group in the formation of a healthy lifestyle. It is in childhood that the main volume of information should be mastered, and a formed lifestyle should be developed. It is important to note that educational activity is considered natural for children and adolescents, therefore, issues of forming a healthy lifestyle can be directly included in the educational process. Also, there must be consistency at all stages of forming a healthy lifestyle for children and adolescents (family, school, secondary specialized and higher educational institutions, labor collectives, informal associations). Hygienic education of parents is carried out mainly in the form of lectures and conversations at parent meetings, one-on-one conversations and consultations. Also, the medical room should have popular scientific literature, reference books, and recommendations for parents. The most relevant topics in working with parents are "Facilitating the adaptation of a first-grader to school", "The student's daily routine". "Choosing a profession and health", "Hygiene of physical education", "Prevention of harmful habits", Protection of the nervous and mental health of students, "Physical education and health", etc.

Hygienic training of employees is carried out in several areas. Lectures, conversations, one-on-one consultations are organized for teachers. Attendance of classes by medical personnel and then hygienic assessment and discussion with teachers, as well as speeches at pedagogical councils are mandatory. It is also necessary to select appropriate literature for teachers and educators. For technical personnel, the most rational approach is step-by-step training, adhering to consistency. The main topics of training with employees are "Sanitary regulations for the construction and maintenance of buildings and land", "Sanitary and hygienic requirements for

organizing children's self-service", "Personal hygiene of employees", "Important measures for the prevention of infectious diseases", "Hygienic requirements for the organization of the pedagogical process", "Organization of measures for the rehabilitation of children with health problems", "Personal hygiene of students" (for teachers). Employees of educational institutions are required to undergo hygienic training and take a test exam (once every 2 years according to the established program).

The sanitary doctor for the hygiene of children and adolescents has the right to dismiss persons who do not know and do not comply with the sanitary rules in their work, based on the Law "On the Sanitary and Epidemiological Well-being of the Population", until they pass a test exam based on the established program. The program of full-time and part-time hygienic training of school employees covers the following main sections: - the health of the population of children and adolescents, the conditions for its formation, health indicators of each child and the community; - physical education hygiene; - hygiene of the daily routine and the educational process; - labor and educational hygiene; - hygiene of children and adolescents' nutrition; - hygienic requirements for the construction, reconstruction, improvement, maintenance and equipment of schools, gymnasiums, lyceums; - hygienic education and upbringing. The basics of the formation of a healthy lifestyle of children and adolescents; - medical and sanitary-epidemiological provision of children and adolescents; - responsibility of the administration of educational institutions for compliance with the requirements of sanitary norms and rules. Hygienic assessment may be carried out more often depending on epidemiological indicators. In this regard, the chief state sanitary doctor of the region makes the necessary decision, the implementation of which is mandatory for everyone.

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