

RESPIRATORY HYGIENE OF YOUNG CHILDREN

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Abstract: This article is devoted to the issues of maintaining the health of the respiratory system in preschool children. The review includes the main factors affecting children's respiratory health, methods of disease prevention, and recommendations for organizing daily regimen and physical activity.

Key words: Respiratory system health, preschoolers, disease prevention, breathing exercises, yoga for children, physical activity, proper nutrition, healthy daily regimen, immune system, children's health.

The respiratory system plays a key role in maintaining human life and general health, especially at a young age. Oxygen supply to the body and the elimination of carbon dioxide are the main tasks of this system. For preschool children, the correct functioning of the respiratory system is very important, since it affects their physical development, the ability to actively participate in games and learning, their general condition. The importance of the respiratory system for the overall health and development of the child cannot be overestimated. Together with the cardiovascular system, the respiratory system is responsible for supplying all cells of the body with the oxygen necessary for their functioning and growth. Lack of oxygen supply can lead to developmental delays, fatigue, poor sleep, and other health problems. To highlight the peculiarities of the respiratory system in preschool children and make practical recommendations on how to keep it in optimal condition. We will consider anatomical and physiological features, general problems, influencing factors, methods of prevention and practical advice on improving the condition of the respiratory system in preschool children. Anatomical and physiological features of the respiratory system of preschool children.

Anatomical features the respiratory system of preschool children has several important anatomical differences from that of adults: the size of the airways: in preschool children, the airways (nose, larynx, trachea and bronchi) are relatively narrower and shorter than in adults. This makes them vulnerable to obstruction and inflammation. Bone structure: the ribs of young children are more flexible and less calcified, which affects the mechanical supply of the lungs. Muscle structure: in preschool children, the chest muscles and diaphragm are still at the stage of development, which can affect the effectiveness of breathing. Lung: although the structure of the lungs in children is the same as that of adults, in preschool children they continue to develop smaller and more actively. The area of the alveoli in which gas exchange occurs in children is much smaller. Physiological indicators respiratory rate: preschool children have a higher respiratory rate than adults, who breathe an average of 20-30 times per minute. For comparison, in adults this figure is about 12-20 times. Lung volume: the total lung volume of children is much smaller. Calculations show that the ratio of lung volume to body weight in children is much smaller than in adults, which affects their ability to breathe. Pulmonary ventilation: in children, the breathing rate is high and the volume of air passing through the lungs in a minute is close to that of adults, although the volume of the lungs is small. These anatomical and physiological

characteristics make the respiratory system of preschool children unique and require special attention and approach to its support, prevention of diseases.

Understanding these differences plays a key role in creating effective programs to improve and support children's respiratory systems. Stages of development of the respiratory system the respiratory system is important to meet human health and vital needs. Understanding the stages of its development will help not only to gain more knowledge about physiological processes, but also to realize the importance of external factors, care and preventive measures. Below are the stages of development of the respiratory system: Neonatal period (0-1 months): anatomical features: the innate structures of the respiratory system have not yet fully formed. Alveoli continue to develop after birth. Respiratory forms: newborns breathe mainly through the diaphragm. The breathing rate is much higher: 30-60 times per minute. Problems: weak immunity and anatomical immaturity of the lungs increase the risk of respiratory diseases. Infancy period (1 month - 1 year): lung development: the development of alveoli continues, the number of alveolar sections increases, which improves gas exchange. Respiratory rate: gradually decreases to 20-30 respiratory movements per minute. Immunity: personal immunity begins to form, which reduces vulnerability to infections. Early childhood (1-3 years old): lung growth: lung volume continues to increase, volume and surface area for gas exchange improve. Development of respiratory muscles: the ribs become more rigid and the chest muscles develop, which increases the efficiency of breathing. Physical activity: increased physical activity in children promotes the development of the respiratory system. Preschool age (3-6 years): stabilization of respiratory parameters: breathing rate stabilizes up to 20-30 times per minute. Anatomical development: the respiratory tract is wider and longer, reducing the risk of obstruction. Strengthening the immune system: the immune system is strengthened, which reduces sensitivity to infections.

The development of the respiratory system in children is a multi-stage process that requires special attention and understanding. Each stage has its own physiological characteristics and risks, knowledge that helps parents and professionals maintain and strengthen the child's health. Prevention of diseases of the respiratory system in preschool children. Adapted nutrition. Fruits and vegetables are rich in vitamins and minerals that strengthen the immune system (vitamin C, vitamin A, antioxidants). Proteins are necessary for the formation of antibodies and other components of the immune system. Excellent sources of protein include meat, fish, legumes and dairy products. Adequate water consumption supports the normal functioning of all body systems, including the immune system. Sleep mode. Quality sleep is necessary to restore and regenerate tissues, as well as to increase the body's overall resistance to infections. Sleep mode helps to set the body clock and maintain the overall energy and health level. Reducing stress. Supporting the emotional and psychological state of the child, in general, has a positive effect on health, and especially on the immune system. Play therapy and art therapy help create a healthy emotional environment for the child. Tempering and walking in the fresh air. The introduction of tempering methods should occur gradually, starting with a small exposure to cold (for example, pouring cool water on the legs). Alternative use of warm and cold water can help improve the body's adaptive mechanisms. Daily walks improve overall health, develop the respiratory system and increase disease resistance. Outdoor activities improve blood circulation, enrich the blood with oxygen, and strengthen the immune system. Vaccination and its importance.

Compliance with the vaccination schedule recommended by national medical organizations can help prevent many serious diseases. Vaccines have been shown to be effective in preventing influenza, whooping cough, pneumococcal infection, and other infections that can cause serious damage to the respiratory system. Prevention of diseases of the respiratory system in preschool children includes an integrated approach that includes strengthening the immune system, regular squats and walks in the fresh air, as well as timely vaccination. These measures help to significantly reduce the risk of respiratory diseases and ensure the healthy development of the child's respiratory system. Maintaining respiratory health in preschool children requires a systematic daily routine, regular physical activity and breathing exercises, as well as an integrated approach that includes proper nutrition and hydration. Compliance with these recommendations will help create conditions for the normal development of the respiratory system and the general health of the child.

The health of the respiratory system in preschool children is the main factor in their overall physical development and well-being. Healthy Airways provide the body with sufficient oxygen, which is necessary for the normal functioning of all body systems, including the brain and cardiovascular system. Prevention of diseases of the respiratory system helps to prevent frequent diseases and contributes to the harmonious development of the child, strengthening his immunity and general health. Maintaining the health of the respiratory system in preschool children requires the active participation of parents and the careful implementation of the recommendations presented in the article. Doing these simple but effective steps regularly will help create a healthy foundation for the growth and development of the child. Do not forget about preventive measures, such as compliance with the agenda, ensuring regular physical activity, nutrition and hydration, tempering, vaccination. Your active care and attention to the health of your child's respiratory system provides a solid foundation for his successful and harmonious development, ensuring his healthy and happy childhood.

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