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## Child Healthy Education and Deep Education

*Ganiyeva Dilnoza Farkhodovna*

*Lecturer of the Department of Sports Management At the Termiz State University*

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### ANNOTATION

In the article below, the author discusses problems of children's health education and deep education. Life will certainly put a child through trials no matter what. Whatever it is - a sharp change in temperature, or an infection, or physical stress, or mental anguish, or excitement, a strong organism will respond to it with appropriate reactions.

**KEYWORDS:** health education, knowledgeable, intelligent, strong organism, each child individually.

The issue of raising a child in a family is complex and multifaceted. In this matter, it is impossible to act in one way, it is difficult to treat every child in the same way, it is impossible to give the same advice to everyone. When raising a child, parents should be knowledgeable, intelligent, patient, and treat each child individually. What is important in raising children? First of all, I would like to answer this question: everything is important. Indeed, no matter what you take in the upbringing of a child, there is not a single thing that is unimportant or overlooked among them. But the most important thing is that the child should grow up healthy. Plumpness and prosperity, and redness of the cheeks cannot be a criterion of health by themselves.

The essence of health is harmony of physical and spiritual forces, balance of the nervous system, endurance, ability to withstand various harmful effects. Life will certainly put a child through trials no matter what. Whatever it is - a sudden change in temperature, or an infection, or physical stress, or mental anguish, or excitement, a strong organism will respond to it with appropriate reactions, it will fight, and a weak one will be defeated. It is much easier to raise a healthy child. Everyone knows that. He quickly learns all the necessary things and skills, adapts well to changing conditions and correctly understands the demands placed on him. It is an important basis for the correct formation of health and behavior, development of initiative, strong-willed, talented and naturally talented. Well, the health of the child largely depends on the health of the parents. Parents-to-be should definitely visit a doctor, consult with him, and if they have any chronic disease, they should be patiently treated until the pain is gone.

In recent years, antenatal prevention is used, that is, diseases are prevented before the child is born. The information obtained in this way gives confidence that by eating right, balancing work and rest, protecting oneself from various harmful effects (not drinking alcohol, not smoking, not taking drugs indiscriminately) a pregnant woman can "manage" the development of her child who will come into the world of light. A child's health is also affected by the environment in which he grows and develops. The child's body bends and

changes like a soft, new sprout. Under certain conditions, bad congenital characteristics may not appear and become a source of serious diseases. The same good buds can either develop and improve or fade away.

A person comes to the bright world with a certain fund of endurance, tolerance, "ready-made" flexibility mechanisms. It can be considered as a gift given by the generous nature of the magician to every future child. But in order to preserve this gift of nature, it is necessary to know it and use it wisely. For example, a baby's natural heat-control mechanisms are highly developed. In response to cold, a complex chain of reactions occurs that allows the body to quickly reduce heat output, and in response to heat, it increases.

If the pressure is increased and these mechanisms are exercised more often, then they will become more reliable and work without wobbles. In other words, if the child is warmed up, he will be more resistant to cold (and not only to him), if the child is wrapped and protected from the wind, the resistance to colds and other diseases will decrease. In conclusion, it can be said that the child should not be brought up as a child, but should be exercised and trained, and the activity of the growing body should be increased.

Do not deprive your child of the world's invaluable mentor-life experience! However, parents make this mistake. After all, they tried to prevent the baby from moving freely by squeezing it tightly, it is to prevent possible difficulties - it is to scare him if he suddenly sees his hands and gets scared if he suddenly touches his face! Basically, the child should move his arms and legs in this way to feel himself in space and to understand the laws of coordination of movements. Trying to do everything for him, telling him that you will fall, that you will be disabled, that you can't do it will not benefit the child. In order to learn to walk carefully, you need to fall no matter what, and to learn something with your own hands, you need to work and strive first. It is true that the child should be encouraged to be active within a certain limit, he should be assigned to work that he can afford, taking into account his physiological and physical capabilities.

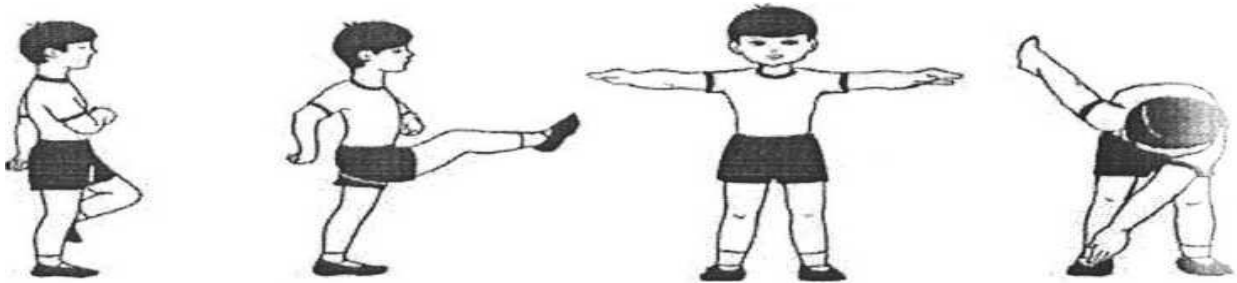
There are other bad things that parents do. Some parents, having lost their minds in the concept of "dynamics of the century", rush to teach children from the age of 2-3 years to teach math, foreign language, make them do gymnastics with dumbbells. It should not be done at all. Too early development of the same abilities will certainly harm others. Sometimes it is not easy to make up for what was lost in childhood. You should never overdo it in child rearing. Raise the child in a calm, natural and reasonable environment.

**What should be done for this?** There is a method that can be called universal for children of the first years of life, because it affects both the strengthening of the child's health and his proper upbringing. It is to follow the agenda. A clear routine is not something that can be forced on a child from the outside. Imagine nature, it lives in a precise rhythm, everything happens in the same way - sunrise and sunset, ebb and flow, internal organs work in the same way. For example, listen to how accurate a healthy heart rhythm is.

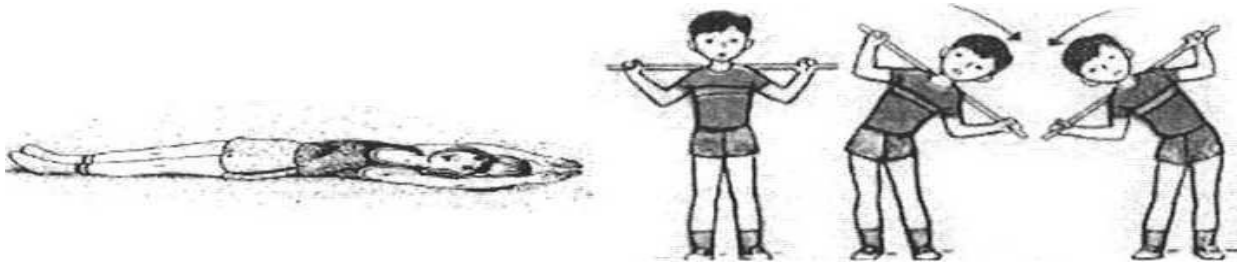
Always put the child to sleep at the same time and at the same time, take him for a walk, bathe him. Doing this kind of work at one time creates the best conditions for the body to function properly. The child's appetite will be good, he will sleep soundly, his spirit will be refreshed. A child who grew up under the conditions of a reasonable regime usually does not become capricious. The idea that everything has its own time, its place, its own norm is formed in his brain, so to speak. Compliance with the regime is not only necessary for the child. When the regime is followed, the family is in order, everything is in its place, but in a family that does not know how to properly raise a child, everything spreads out and becomes chaotic.

We called the regime a universal tool, because it really combines the most important requirements of hygiene and pedagogy. However, universal is not everything. Neither regime, nor priceless hygienic care, poor nutrition will automatically "work out" on its own and only a good, friendly family can give a child.

Thus, raising a child is a tireless creative work of parents. Many worries and hardships await parents. They should be ready for it. It is necessary to create conditions to activate children's actions directed towards the goal.



Forming important types of movement for life: walking, running, crawling, jumping, crawling, throwing, hanging, swimming, riding a bicycle, developing leg, arm, body, and head movements. Children's movement activity is related to the development of their basic physical qualities. This includes qualities such as agility, dexterity, strength, and tenacity. In practice, it is impossible to imagine developing any of these qualities separately. The upbringing of different physical qualities are actually different aspects of the same process as the physical development of a child. Because as a result of such development, a general increase in the quantitative capabilities of the organism occurs.



Use of exercises that affect the prevention of children's stature and flat feet in physical education organized in preschool educational organizations.

In preschool educational organizations, the physical education training is conducted by the physical education instructor and forms the training development for all groups in the work plan number 08-02, 72 training development for one year.

Exercises aimed at developing strength in preschool children should mainly have a dynamic character. At the same time, it should not be related to the same tension that lasts for a long time and makes the nerves very tense. In addition, exercises that require straining should not be used to develop strength. To develop the strength of preschool children, short-term speed-strength exercises (for example, standing long jump, long throw exercises), as well as weight lifting. It is appropriate to perform some exercises (stairs lying down and standing, planks, handstands on a gym bench, pull-ups, etc.).

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