

THE MAIN LAWS OF THE GROWTH AND DEVELOPMENT OF PRESCHOOL CHILDREN

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This article provides scientific reflections on the Basic Laws of the growth and development of preschool children, as well as on the great attention to the health of the younger generation, which is growing in our country.

Keywords: children of the First Age, preschool children, Pediatrics, hygiene, science, subject, Health, Physical Development.

The physical development and health of children is given great attention to the health of the younger generation, which is growing in our country. The future of the nation and its prosperity depend on the need to strengthen and protect the health of the younger generation.

It is known that the health of children depends not only on whether they have diseases or not, but also on its development according to age and the functioning of systems.

Children of preschool age are mainly healthy children, They (30%) – belong to the first group; (40%) – to the second group; (28%) – to the third group, and (2%) – to the fourth group. The degree of morbidity of children and their prevalence are not homogeneous everywhere, they are tied to the organization of sanitary and anti-epidemic measures. It is worth saying that the incidence of children and adolescents in our state is decreasing every year. One of the important indicators of children's health is their physical development, namely body length (height); weight (body weight); chest turnover (excursion); strength of the arms; (dynamometry); position of the musculoskeletal apparatus (shape of the chest, foot, ceiling position, muscle development, etc.k.). The correct development of these can be influenced by various diseases. The physical development of children is due to the fact that they depend on age, gender, nationality and changing social, economic, environmental conditions. On the basis of these, it is necessary that physical development standards are used and that they are updated every 5-10 years. The younger the child, the more often it is necessary to undergo a medical examination, up to the 1st year every month: up to 1-3 years every 3 months; at the age of 3-7 years every half a year in March. In the European Union, there is a decrease in health gradients in children, youth and young families. What is affecting this. In all countries of the European Union, there is systemic correlation between the level of Health and social status – there is also a decrease in the level of health with the observation of social status, declines in status. These social gradients in the health sector are harmful and unfair, especially when it comes to children and young people, this injustice is evident, since the difficulties of the early years have their effect on the level of health throughout the entire life cycle.

Description of age periods physiologists and medical personnel have separated several age periods to determine the characteristics of children's growth and development at different stages. When dividing into younger periods, the following indicators were based: the outflow of teeth, the ossification of certain parts of the skeleton, the characteristics of growth and mental

development, etc.k. The most widely abandoned in Pediatrics is N.P. It is a description developed by Gundobin.

N.P. In the description of the Gundobin, the biological characteristics of the growing organism of the child are taken as a basis and divided into sheep: 1. New birth period - (until the navel falls). 2. Breast age period - (up to 1 year). 3. Milk teeth period – (from 1 to 6-7 years old). 4. Great childhood period - (up to 8-11 years old). 5. Puberty period - (12-17 years).

1965y. At the international symposium dedicated to the past young periods in Moscow, a scheme of young periods was established, according to which stages in Aries are distinguished: 1. New birth period – (from 1kun-up to 10 days). 2. Breast age period - (up to 1 year). 3. Early childhood period - (1-3 years old). 4. The first childhood period - (up to 4-7 years old). 5. The second childhood period - (up to 8-12 years old-boys; up to 8-11 years old girls). In the European Union, there is a decrease in health gardients in children, youth and young families. What is affecting this. In all countries of the European Union, there is systemic corellation between the level of Health and social status – there is also a decrease in the level of health with the observation of social status, declines in status. These social gradients in the health sector are harmful and unfair, especially when it comes to children and young people, this injustice is evident, since the difficulties of the early years have their effect on the level of health throughout the entire life cycle. 4 foreign scientists Giorgio Barbareschi, aagje Leven believes that a child is every person who has not reached the 18th age. Young people over 18 years old, who have not yet adapted to adult life, are also included in this category. We use the following terms to describe different age categories: - early childhood (0 – 5 years old) covers the following age categories to oneself: a) infants (0 – 12 weeks) b) infants (0 – 12 months) c) toddlers (1 – 3 years old) d) preschool children (3 – 5 or 6 years old) - middle childhood (6 – 12 years old) - adolescents (12 – 18 years old) - youth (15 – 24 years old). The UN defines youth as the age of a person 15 – 24 years. UN organization for Science, Education and culture UNICEF recognizes young people as different groups that are in constant evolution, and being young –seriously differentiated in different regions and individual countries, argues that preschool institutions are designed for children under 2-7 years old, groups are organized according to the age of the child.

Newborn period (from birth until the navel of the child falls, from the middle account up to 2 weeks). Due to the sharp changes in life conditions with the birth of a child, its organism adapts to new conditions. This score affects the functioning of many organs and systems and leads to their violation. After birth-in 2-4 days) the weight of the child is reduced by 6-10%, the skin turns yellow or red, as a result of a change in body temperature, the child is subjected to body charisma or increase or decrease.

As a result of proper nutrition and care, this mark disappears at the end of the 2nd week. The diseases that are observed during this age period depend on the causes of the sheep:

- development disorders in the mother's womb;
- immature development;
- the appearance of defects;
- dislocations at birth (blood clots in the brain; the appearance of swelling;

it is believed that the bones are broken and connected with the offspring, that is, hemophilia, lagging behind in mental development).

During this period, the correct development of the child is ensured only by feeding with breast milk.

In the period of breast age, the growth and development of a child, which is subject to feeding in another period, is carried out intensively. In the first half year, the child weighs 600 gr., height 2.5-3 cm. will be buried. In order for a child to grow and develop quickly, it is necessary to provide food at the proper level, but since the digestive system is not sufficiently developed, acute or chronic diseases occur in children as a result of a change in the quality or size of food. With this avitaminosis, exudative diathesis can occur. Since the skin of the baby is very thin and delicate, they often have flaking and suppuration of the skin. Infectious diseases are also rare in children of breast age.

Young children spend most of their time at home, because in them the process of lambing in the nervous system quickly goes into a state of braking.

The child begins to develop speech at the First Age, sounds appear before the sung tries to speak. A child at the age of one understands that he can swim around, and he himself can speak 5-10 words. At one year old, the child sits down, is well turuda and tries to walk.

The early childhood period is 1-3 years old and is considered to be the yasli period. During this period, the growth and development of the child is somewhat weakened. The height of the child in a year is 8-10 CM., weight 4-6 kg. increases.

As a result of the increase in the size and blood concentration of baby milk teeth up to 8-th and meal juices, it is gradually transferred to general nutrition. Under the age of 2, there is an intensive development of the musculoskeletal system in children, the nervous system and sensory organs develop rapidly, coordination of organs develops, as a result of independent walking of the child, there is a rapid contact with the external environment, the volume of vocabulary reaches 200-300 words, and he is able to form full sentences.

As a result of the child's wider contact with the environment and other children, the incidence of infectious diseases increases. As the child ages fold, the immunity passed through the mother weakens, and various infectious diseases (measles, whooping cough, dysentery and x.k.) the number begins to increase. During this period, it is necessary to carry out educational work with children in different directions. Preschool children (up to 3-7 years old). This period is characterized by a decrease in the growth rate of the child, the growth of which is 5-8 cm in a year., and the weight is 2 kg. increases. Changes in body proportions are clearly visible. In children aged 6-7 years, the ratio of the skull to the body is 1:6. Children of this age have the ability to perform complex coordinated physical exercises the owner, because the innervating apparatus of muscle weaves them is much better developed. Children of this age are able to master the skills of jumping and fast running, free walking on the stairs, playing musical instruments, painting, making, cutting various complex ornaments from a jug on a slider.

Children at this age have an addiction to engage in various activities for a much longer period, since their ability to mirror nerve cells increases significantly. The vocabulary of a child at the age of 3 is greatly increased, and the formulation of the behavior of the child is of great importance in speech.

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