

ORGANIZATION OF SUMMER HEALTH CARE IN MCT

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ANNOTATION

Summer is the best period for strengthening children's health and developing their physical abilities. In summer health classes, children's health and meaningful leisure activities will be included in the plan.

Keywords: summer health, chinigtish, water baths, water basin, sun bath.

Up to the end of the school year, the tasks of exemplary summer education for educators, improving their physical and mental well-being, enjoying their time, organizing health and improvement activities, continuously conducting the educational process, and organizing summer health activities have been identified. Summer wellness classes run from June 1 to August 31 each year and are operated under a specially adapted plan. In this way, children are created in a way that spends most of their time in the fresh air. During the walk, various events are organized for the development of children. Because summer is the best period for strengthening children's health and developing their physical abilities. In summer health classes, children's health and meaningful leisure activities will be included in the plan. Stimulation, well-being, and entertainment organized under the plan will play an important role in the physical and psychological development of children. All teachers should participate in this process. Summer classes allow children to take a look around, enjoy their work and nature, and improve their physical and mental well-being.

In today's testing days, it is necessary to continue to enjoy, improve, and improve our children's time in the preschool education system. Effective summer health activities depend on the timely and thorough preparation of the preschool organization, educators. In this regard, it is advisable to create the necessary conditions for the body of children to be physically healthy and to improve. To do this, recommendations to parents are also provided online by educators. The main tasks of educators are to meet children's need for interesting truths, creative activities, and movement.

During the summer health period, the following tasks will be solved:

These tasks should be organized in accordance with methodological recommendations.

1. Create conditions for staying in the fresh air, ensure active movement of children.
2. Developing children's musical abilities in the process of spending their free time.
3. Developing a moral attitude toward nature and industriousness in children.
4. Developing an emotional perception in children in the process of observing natural phenomena, living and inanimate natural objects.
5. Creating a safe, developing and healing environment for children.
6. Prevention of injury.
7. Strengthening children's health by developing children's physical and mental abilities and contributing to the development of a positive emotional state.

8. Proper organization of the ride, washing with cold water, engaging in exercise in lightweight clothing in the open air;
9. Conducting water, air and solar baths.

Our vital and professional experience shows that water - has a positive effect on the body and psychism of the child. The hygienic and physical significance of water is invaluable. Water is of great importance to the physiological processes of human organisms and a comfortable lifestyle. When organizing bathing in a pond, special attention should be given to the age of children: 15-20 minutes in small and medium groups, 25 minutes in large and preparatory groups. Bathing in a pond for children is carried out only with the permission of a doctor-pediatrician. When conducting air baths, a separate rule is not required, it is recommended that you take more walks outdoors at the capacity level.

It is necessary to take precautions only when taking sun baths. Before accepting sun baths, the child must be dressed in headaddresses and not stay long under the sun. The duration of taking a sun bath should be 7 to 10 minutes.

Another method of development of children in summer wellness classes is sand games. Children's interactions occur in sand dunes. Conducting summer classes in sand dunes will yield more educational and educational results. Games played with sand are aimed at a certain goal and stable compared to other games. That is why sand-played games are used as correctional development and educational games.

In addition, during the summer season, events and sports events are organized on a variety of topics.

The objective of day-to-day sports and well-being activities is to bring up a perfect generation in all respects by serene children's time and ensuring that they are well-established, both physically and spiritually. Because physical education is very important in the psychological development of early children.

Up to the end of the school year, it is appropriate to base the principle of systematic and consistent education in physical education, taking into account the age characteristics of each child. Such events and competitions promote the proper formation of children's women, to prevent the growth of flat legs, to provide physical education for the development of basic mobility skills, to train national habits through games, to develop skills and physical qualities of movement, to keep the wheel straight, to train personal and social hygienic skills, to engage in physical activity in everyday exercise, and to develop skills in them forms.

One of the simplest, but much more effective, stimulating tools. To stimulate a child with water, you need to perform water treatments every day (washing, diarrhea, washing his legs, etc.).

Water temperature is important

When washing (face, neck, as well as a cubic meter), the water temperature should be 30 degrees Fahrenheit [-30°C], then reduce it to 1°C every 2-3 days and lower it to 20 degrees Fahrenheit [-20°C] (for children between the ages of 2 and 3).

The baby's body, hands, and feet are wiped with water-soaked wool gloves or a stagnating towel. At first, one hand is rubbed with a soft towel until its skin is reddish-brown, and then this treatment is administered in relation to another hand, which is administered to the chest,

abdomen, back and h.k.ga. When first-year-olds are swallowed up, the original water temperature should be 34-35 degrees Fahrenheit [-34 to 35°C]. Water temperatures are reduced to 1 degrees Fahrenheit [-1°C] each week, but we should not drop from 25 to 26 degrees Fahrenheit [-25 to 26°C]. It is increased by a total of 4-6 minutes.

From the age of 1.5 years, water begins to pour over it. This can be done both in summer and in winter. In summer, water is usually poured out of the leukemia when the temperature in the shade is at least 18 degrees Fahrenheit [-18°C]. Water is taken up through the lining of the field, close to the historic centre of the city, close to the historic centre of the city.

SEQUENCE

Water is poured first into the neck, then into the chest, side, back, hands and feet. You should not pour water on your head. After pouring water, diarrhea increases until the lake's skin (from the arm's finger to the shoulder), the skin of the foot (from the foot to the thigh) and the body skin are heated. During winter, water is poured into the bathroom when the temperature is at least 18 degrees Fahrenheit [18°C]. A shower can be used to pour water. It takes 2 minutes with most of the water pouring and showers, and it's good to do the treatment in the morning.

AVAILABLE PUBLICATIONS

Based on Internet data:

1. www.ziyo.uz
2. www.kutubxona.uz
3. octopus ovozi.uz