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ОБУЧЕНИЕ ДЕТЕЙ ПРАВИЛАМ МЕДИЦИНСКОЙ ГИГИЕНЫ

Аннотация: В данной статье освещено обучение детей правилам медицинской гигиены, а так же цели и задачи воспитания гигиенических навыков у детей.

Ключевые слова: медицинская гигиена, личная гигиена, медицинская культура, здоровый образ жизни.

TEACHING CHILDREN THE RULES OF MEDICAL HYGIENE

Abstract: This article highlights the teaching of children the rules of medical hygiene, as well as the goals and objectives of the education of hygienic skills in children.

Keywords: medical hygiene, personal hygiene, medical culture, healthy lifestyle.

Personal hygiene is extremely important for the child's body. Proper nutrition, adherence to the daily routine, cleanliness of hair, mouth, skin help the baby feel confident, grow active and healthy. Neglect of hygiene rules by parents and the child inevitably leads to health problems and makes it difficult to adapt in society.

Many parents are interested in how to teach a child hygiene? It is known that all the basic behavioral skills are laid in children from an early age. Maintaining the frequency of hair and skin, brushing teeth, the habit of doing exercises in the

morning, keeping order and neatness in clothes is the basis of hygienic upbringing of a child.

Over time, these principles turn into a steady habit of brushing your teeth, washing your feet and hands, cleaning up toys, making the bed, dressing neatly, and so on. Creating a hygienic plan in the child's head, which is perceived by him as an urgent need, is the best preventive tool and a form of protection against many diseases. The main tasks that need to be solved to form the right hygiene skills in a child:

- teach the child to monitor his appearance, develop the ability to gently wash his face, hands, ears;
- make sure that the baby wipes his feet when entering the room, puts on a change of shoes in kindergarten;
- food hygiene - behave properly during meals, chew without slurping, with your mouth closed, do not talk, do not crumble and do not scream;
- make sure that the toys are clean;
- use a handkerchief and comb;
- do not crumble bread;
- create motivation for self-use of acquired skills in everyday life at home and in preschool.

Babies up to a year old are usually cared for by parents. The scheme of daily hygiene measures includes the following procedures:

- washing (daily);
- nail clipping (once every 7 days);
- washing after each bowel movement;
- hygienic baths;
- swaddling.

At this age, the child cannot take care of himself. Nevertheless, timely procedures will help in the future to teach the baby to carry out the necessary hygiene measures on his own.

Hygiene training for children over the age of 12 months is aimed at forming the following useful habits in them:

- properly soap and wash off the face so that soap does not get into the eyes;
- wash your hands properly;
- independently unbutton and fasten buttons, Velcro, buttons, other fasteners;
- self-dress and take off winter clothes, dry things after a walk;
- continue to train the skills of using cutlery during meals, wipe your mouth thoroughly with a napkin after eating.

Hygienic education of children of various age groups forms the habit of watching their appearance, forming table behavior skills, the first ideas about the value of health.

Teaching personal hygiene to a 2-3-year-old child is aimed at developing the following skills and behaviors - chewing with your mouth closed, not slurping, not messing around, chewing food well, not crumbling. In addition, you need to teach kids to monitor their appearance.

How to teach hygiene to a 4-5-year-old child:

- continue forming the habit of watching your appearance, nurture neatness;
- teach the baby to cover his face with a handkerchief when sneezing and coughing;
- make sure that the skills to wash yourself do not disappear;
- improve the rules of behavior at the table.

The main areas of study at the age of 5-6 years:

- form the habit of keeping clothes and body clean;
- teach yourself to brush your teeth, make sure your nails are clean;
- continue to improve table behavior skills;
- the child must learn to undress carefully and quickly, dress, be able to make the bed, keep order in his closet.

From 6 to 7 years old:

- the child should be able to wash properly and quickly, wipe dry with an individual towel;

- wash your feet yourself before going to bed;
- rinse your mouth after each meal, brush your teeth;
- get dressed and undressed quickly;
- use a comb;
- keep your clothes and shoes clean;
- hang clothes in a designated place in a certain order.

Children's hygiene, as one of the fields of medicine, was formed in the middle of the 19th century. At that time, diseases such as scabies, pediculosis, as well as school diseases (scoliosis, myopia, neurasthenia) were common among children. Scientists of that time formed the first principles of children's hygiene. We still use many of them. The main and fundamental principle of personal hygiene is the observance of body cleanliness.

The skin protects our body from the penetration of pathogenic microflora, as well as mechanical, chemical and physical damage. It is recommended to take a bath at least once a week. You need to take a shower every day, especially if the child sweats too much. The kid needs to be explained and shown by his own example how to wash his hands properly, roll up his sleeves, wipe himself after washing. Oral hygiene. To maintain dental health, it is necessary to teach children to brush their teeth from an early age, rinse their mouth with warm water after each meal. These classes are difficult for kids at first, but then they gradually learn. Starting from the age of 3-4, you need to teach your child to brush his teeth properly. It is also recommended to gradually accustom children to solid food. Twice a year, you need to visit a pediatric dentist for a preventive examination.

The formation of cultural and hygienic skills in children is a long and monotonous process. During training, you need to remember about the psychological and age characteristics of the child and build classes individually. Children and adolescents should be taught self-service skills gradually. It is

extremely important to preserve their desire for independence and encourage the desire to do everything yourself. This is the most important factor for the formation of a fully developed personality in the future.

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