

The role of the Family in the Child's Personal Hygiene Skills

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ABSTRACT

This article includes general information about personal hygiene, personal hygiene and health education, child health development of the discipline and the role of the family information.

Key words: *hygiene, personal, hygienic education, child, family.*

I. Introduction

Today, to create the best living conditions for children around the world, to provide them with high-quality education, to expand access to health care, to strengthen social protection and to create conditions for children to grow and develop in their families. Much attention is paid to facilitating the process. Therefore, as one of the important directions of state policy in the field of education, it is important to ensure quality education for citizens and to protect the health of children.

On the basis of the Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev dated February 7, 2017 No PF-4947 "On the Action Strategy for further development of the Republic of Uzbekistan" five priorities for the development of the Republic of Uzbekistan in 2017-2021 The Action Strategy identifies 5 priority areas for the country's development. The fourth priority of this strategy is the development of the social sphere, in which "... the development of education, culture, science, literature, arts and sports, the improvement of state youth policy" great attention is paid to the issues.

II. Main Part

It is known that one of the strategic directions of the state social policy of the Republic of Uzbekistan is the development of effective measures aimed at strengthening the health of the younger generation. Over the past years, our country has developed many action plans to improve the nation's gene pool, increase medical culture in the family, prolong the life and improve the lives of the people, create favorable conditions for the birth and upbringing of a healthy generation. , is carried out in series.

During the life of a child every environment a factor in the body's physiological reactions to varying degrees. Therefore, hygienic standards are changed for each age group. The basic principles of standardization in children's hygiene are defined as follows:

1. The influence of the external environmental factor (necessary permissible) is a prerequisite for determining the norm, which is the full functional readiness of the growing organism.

2. Hygiene standards for children are not constant, they change at different ages.

3. Maintaining and strengthening the health of children while ensuring their good development.

Personal hygiene – is a part of hygiene; develops issues of maintaining and strengthening human health through hygienic procedures that must be followed in private life and work activities. Personal hygiene of each individual and depends on the age, mental and physical labor to deal with the establishment of direct, physical education, nutrition, sleep, work and leisure time the plans. In the narrow sense, the body (skin, hair, nails, teeth), clothing, shoes, bedding, housing, cooking hygiene, etc.

k. also includes personal hygiene. First and foremost, make sure your body is clean. Particularly exposed areas of the body, as well as the underside of the nails, get dirty quickly, so it is important to wash your hands thoroughly with soap and water, and get used to proper nail care. Hand hygiene should also be considered when cooking at home. Children should become accustomed to the rules of personal hygiene from a very young age.

It is a good habit to take a shower a day. If you do not have a shower at home, you should wash your exposed areas, especially the sweaty areas, underarms and breasts, with warm soapy water. Wash your feet before going to bed and treat any cuts or bruises on the toes.

Keeping your mouth clean is important not only to keep your teeth healthy, but also to prevent diseases of the internal organs. Get in the habit of brushing your teeth every morning and rinsing your mouth after eating; if you have bad breath, see a doctor right away.

In addition to general hygiene measures, personal hygiene also includes genital care; this should be done regularly, not when the child reaches puberty, but when the child is born.

Keeping your underwear clean and changing your socks every day or every other day is very important for personal hygiene; body, clothing, house, kitchen, work and others must be clean.

Proper hygiene is a product of both physical and mental health. Good health and hygiene for children is a guarantee of effective education. At the same time, the ability of children to lead a healthy and hygienic lifestyle teaches them to make independent and firm decisions for their health throughout their lives.

There are cases when children who do not follow personal hygiene are bullied among their peers, in which case there is no way for educators to solve the problem. Therefore, the educational institution can become a negative environment for the child, because the role of the educational institution plays an important role in his socialization.

Here are some tips to teach your child personal hygiene in the family:

- follow good hygiene practices. For example, always wash your hands before cooking;
- ask your child why we need to keep our bodies clean. You can talk to your children about odors and illnesses;
- ask specific questions about personal hygiene. Ask what hygienic procedures we should repeat frequently, whether we should wash our hands before or after meals;
- explain to your child how clothes get dirty, how and why to wash them. Can they help you separate the clothes in the laundry basket from light and black clothes, place the clothes in the washing machine, and hang the laundry to dry? It helps them understand how we manage to wash our clothes (and probably why parents think they never see the bottom of dirty washing!).

III. Conclusion

The main task for parents is: the formation of a child's moral attitude to his health, which is expressed in the desire and need to be healthy, to lead a healthy lifestyle. He must realize that health for a person is the most important value, the main condition for achieving any life goal, and everyone is responsible for maintaining and strengthening his health. In this, nothing can replace the authority of an adult. Therefore, parents must themselves perceive the philosophy of healthy lifestyle and embark on the path of health.

There is a rule: "If you want to raise your child healthy, you yourself follow the path of health, otherwise there will be nowhere to lead him!"

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