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**FACTORS OF FORMATION OF HEALTHY LIFESTYLE PHYSICAL CULTURE
OF PRESCHOOL CHILDREN IN THE FAMILY**

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ABSTRACT

Education of healthy habits and skills from early childhood: environment: safe and favorable for living, knowledge about the impact of surrounding objects on health, rejection of bad habits: self-poisoning with legal drugs (alcohol, tobacco poison) and illegal ones. Nutrition: moderate, corresponding to the physiological characteristics of a particular person, awareness of the quality of the products used. Movement: physically active life, including special physical exercises (eg gymnastics), taking into account a certain person, awareness of the quality of the products consumed. Body hygiene: observance of the rules of personal and public hygiene, possession of first aid skills, hardening.

Introduction

The relevance of the formation of ideas about a healthy lifestyle in preschool children is caused by an increase and a change in the nature of the loads on the body of the younger generation due to the complication of social life, an increase in risks of a man-made, environmental, psychological, political and military nature, provoking negative changes in their health.

The purpose of the work: to show the role of the family in the formation of healthy lifestyle values in preschool children. Research objectives: 1. To reveal the concept of a healthy lifestyle; 2. Expand the concept of the values of a healthy lifestyle and highlight the system of values that are formed in children at preschool age; 3. To study the scientific and methodological literature on the formation of a value attitude to health in preschool children.

A healthy lifestyle is a way of life of an individual with the aim of preventing diseases and promoting health. A healthy lifestyle is a concept of human life, which is aimed at improving and maintaining health through proper nutrition, physical fitness, morale and the rejection of bad habits. A healthy lifestyle is a prerequisite for the development of various aspects of human life, the achievement of active longevity and the full performance of social functions.

The main value of a healthy lifestyle is health. The concepts of developing the values of a healthy lifestyle for adults include such components as: optimal motor schedule, rational nutrition, hardening, personal hygiene. Formative values of a healthy lifestyle in preschool children consist of minutes of health: - gymnastics for the eyes; - physical culture minutes; - gymnastics after sleep; - breathing exercises. In a narrow biological sense, it refers to the



physiological adaptive capabilities of a person to changes in the state of the internal environment and the actions of the external environment.

Basic components of a healthy lifestyle:

Development of healthy habits and skills from early childhood: environment: safe and suitable for living, knowledge about the impact of surrounding objects on health, renunciation of bad habits: self-poisoning with legal drugs (alcohol, tobacco poison) and illegal ones. Nutrition: moderate, appropriate to physiological characteristics The main value of a healthy lifestyle is health. The concepts of forming the values of a healthy lifestyle for adults include such components as: optimal motor mode, rational nutrition, hardening, personal hygiene. Formative values of a healthy lifestyle in preschool children consist of minutes of health: - gymnastics for the eyes; - physical culture minutes; - gymnastics after sleep; - breathing exercises. In a narrow biological sense, it refers to the physiological adaptive capabilities of a person to changes in the state of the internal environment and the actions of the external environment.

Basic components of a healthy lifestyle:

Education of healthy habits and skills from early childhood: environment: safe and favorable for living, knowledge about the impact of surrounding objects on health, rejection of bad habits: self-poisoning with legal drugs (alcohol, tobacco poison) and illegal ones. Nutrition: moderate, corresponding to the physiological characteristics of a particular person, awareness of the quality of the products used. Movement: physically active life, including special physical exercises (eg gymnastics), taking into account a certain person, awareness of the quality of the products consumed. Body hygiene: observance of the rules of personal and public hygiene, possession of first aid skills, hardening.

We will pay much attention to the problem of raising children to a healthy lifestyle in the family. Scientists psychologists report that the period of maximum time spent by a child in a family from birth to entering the first grade, that is, preschool, is the most favorable age for obtaining good habits, and a large factor in shaping a child's ideas about existence in modern realities is the image family life, mores, stereotypes of behavior and traditions.

It is known that a person's life and his development as a person begins in the family, and the family plays a major role in the success and effectiveness of these processes. The family is called upon to choose and adapt the interaction styles, cultural values, forms and types of relationships that are important for its members, and to give them, when transmitted to the younger generation, the status of orientations of consciousness, behavior and personality. The main issue in this problem is the characteristic impact that the psychological developmental space of the family has (and these are the leading goals, values and life meanings of the family, the psychological culture of communication, etc.) on the state and level of development of the child's personality, his abilities and personal potentials, strengthening and development of moral and psychological health; systemic improvement of the lifestyle of the child and the family as a whole; protection of a preschooler from the adverse effects of the modern information space (media, Internet, etc.); the moral, psychological and emotional climate of



the family, the leading orientation of relationships (directive, manipulative, dialogic) and a number of others.

Most parents analyze the health of the child only as the absence of diseases, absolutely not taking into account the relationship of physical, mental and social well-being. Usually, adults become interested in the problem of cultivating the habit of a healthy lifestyle only when the child already needs the help of psychologists, doctors, and specialists in medical and physical culture. As a result, the child develops bad habits, which are quite difficult to get rid of, and at times impossible. Readiness for a healthy lifestyle cannot arise on its own, but is formed in a person from an early age, mainly within the family through understanding, understanding and accepting "health". Parents need to make a lot of efforts in the formation and strengthening of the conscious need to constantly take care of their health, teaching the art of maintaining and strengthening health. This is one of the main tasks of parents in raising a child. Formation of the value of health and a healthy lifestyle:

- fostering a culture of behavior;
- Physical Culture;
- educational work;
- work with parents;
- treatment and preventive measures;
- recreational activities.

Parents are required to know the basics of a healthy lifestyle, patience in developing skills in a child, especially personal example and participation. It is necessary not only to talk with the child about the benefits of a healthy lifestyle for promoting health, but also to spend time together, eat healthy food, give up bad habits, etc. In addition, if parents forbid something to a child, then they themselves should not do it.

In order to actively influence the child's position in relation to their own health, it is necessary to know, first of all, that the very state of health is formed as a result of the interaction of external (natural and social) and internal (heredity, gender, age) factors. There are several components of health:

1. Somatic health - the current state of the organs and systems of the human body, which is based on the biological program of individual development.
2. Physical health - the level of growth and development of organs and systems of the body.
3. Mental health - the state of the mental sphere, the basis of which is the state of general mental comfort.
4. Moral health, the basis of which is determined by the system of values, attitudes and motives of human behavior in society. Ideas about a healthy lifestyle in children of different ages.

In order to clarify the pedagogical position in the problem of the formation of a healthy lifestyle in children and the existing knowledge of educators on this issue, a survey was conducted.

Analyzing its results, we found out that under a healthy lifestyle, teachers understand proper nutrition, daily routine and sports. This suggests that the knowledge of a healthy lifestyle among teachers is not complete.

Health is the most valuable thing we have, it cannot be bought for any money, it must be protected, strengthened, preserved. Health is the most important human need, which



determines his ability to work and ensures the harmonious development of the individual. And it is the parents and the family that play the main role in the development of the personality of the child.

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