

**PRINCIPLES OF THE FORMATION OF CULTURAL AND HYGIENE SKILLS
OF PRESCHOOL CHILDREN**

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Abstract

Methods of formation of cultural and hygiene skills, cultural education-hygiene skills, formation cultural and hygiene skills, food culture.

Keywords: cultural-hygiene, regularity and continuity, hygienic education, general criteria

Introduction

In order to more successfully formulate and strengthen hygiene skills in the preschool age period, use special kits for hygienic education in kindergarten, oral and visual. It is possible to combine methods, recommend pictures, symbols on various topics. Children and interesting literary scenes "Moidodyr", "Fedorino Voe" and "little girl". On their basis, you can play small scenes, distribute roles among children. All information about hygiene is given to children in the process of various activities and Recreation, i.e. In each component of the regime, you can find a convenient time for hygiene education.

For an effective hygienic education of preschool children, the emergence of others and adults is very important. We must always remember that children of this age are very careful and prone to imitation, so the teacher should be an example for them.

To strengthen personal hygiene knowledge and skills, it is advisable to give various instructions to children. Children quickly become stronger if they are constantly fixed in different situations. The development of cultural and hygienic skills and abilities is one of the main tasks of the formation of a healthy lifestyle for preschoolers. In the formation of cultural and hygiene skills from the first days of life, not only the study of rules and norms, but also a very large process of socialization, the child's entry into the adult world. This process cannot be started later, it will be optimal for the formation of cultural and hygiene skills in early and preschool childhood. Subsequently, other functions and qualities based on them were developed.

Compliance-the development of self-sufficiency and cultural behavior among children of pre-existing age is one of the tasks of adaptation to success in society and protection of their health.

One of the main conditions for the successful formation of cultural and hygiene skills is the norms of etiquette, a clear diary and a guide for adults.

A rationally regulated procedure is the presence of a clean, very spacious room with the necessary equipment, which ensures the provision of all mode elements (washing, eating, sleeping, exercising and playing).



The daily routine provides for the repetition of hygienic processes at the same time - which, in turn, helps to gradually form a culture of skill and behavior. Their formation occurs in play, work, education, among others self-control. Daily treatment is repeated every day, training the child's body to a certain rhythm, ensuring a change in activity, thereby protecting children from overwork from the nervous system.

Hygienic education and education are inextricably linked with the strengthening of cultural behavior. From a very young age, children know how to sit at the table while eating, eat carefully, shake food and use a cutlery and napkin. You should wash your hands thoroughly with soap and comb your hair so that the children on duty in the dining room can not only put the table correctly and place the dishes, but also hold them tightly until they begin to perform their task.

Food culture is usually called hygiene skills, but has moral aspects - after all, the phenomenon of nature is based on respect for people nearby, as well as those who prepare food.

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