

HARDENING AS THE BASIS OF A HEALTHY LIFESTYLE IN PRESCHOOL CHILDREN

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Annotation

The article is devoted to the urgent problem of comprehensive development of physical and psychological health of preschool children; hardening of the body by natural forces of nature.

Key words: Hardening of the body, unconventional methods, natural forces of nature.

A healthy lifestyle is a lifestyle of an individual for the purpose of preventing diseases and promoting health. This is a mobile combination of forms, methods of daily life, which corresponds to hygienic principles, strengthens adaptive and resistant capabilities of the body, contributing to effective recovery, maintenance and development of reserve capabilities, optimal performance of social and professional functions by the individual.

A healthy lifestyle expresses the orientation of the individual to strengthen and develop personal and public health, implements the most valuable type of disease prevention – primary prevention that prevents their occurrence, contributes to the vital need for active bodily and motor actions, physical exercises.

The main factors determining human health are:

- Environmental factors (climate, weather, environmental situation) affect human health.
- Heredity and age-related changes occurring in the human body as it develops. The ability of an organism to resist the effects of harmful factors is determined by the hereditary features of adaptive mechanisms and the nature of their changes.

Healthcare is a system of state and public measures to prevent diseases and promote health. The way of life is characterized by the peculiarities of a person's daily life, covering his work, life, forms of using free time, satisfying material and spiritual needs, participation in public life, norms and rules of behavior.

A person's lifestyle includes three categories: standard of living, quality of life and lifestyle.

The standard of living is the degree of satisfaction of basic material and spiritual needs: the possibility of consumption of certain food and industrial goods, provision with health care, housing and cultural conditions, i.e. the quantitative aspect of satisfaction of needs.

The quality of life reflects the degree of satisfaction of substantial needs (the quality of food and eating conditions, the quality of clothing, housing, etc.), which are manifested in the possibilities of self-affirmation, self-expression, self-development and self-esteem.

A lifestyle is a certain type of behavior of a person or group of people that fixes consistently reproducible traits, manners, habits, tastes, inclinations that characterize her relative independence and the ability to build herself as a person in accordance with her own ideas about a full—fledged, meaningful life in spiritual, moral and physical terms.

HLS should be formed in the following two directions: 1. Creation, development, strengthening, activation of positive health conditions, factors, circumstances, in essence, the formation of the potential of public health. 2. Overcoming, reducing health risk factors.

The components of a healthy lifestyle include:

1. Optimal motor mode. The level of health in general and all its components depends on the motor regime (the level and harmony of physical development, the reserve capabilities of the main physiological systems, the level of moral and volitional attitudes, intellectual development).
2. Hardening – increasing the body's resistance to the action of various natural and climatic factors: heat, cold, atmospheric pressure. Tempering is one of the most important links in the system of physical education of a person. The combination of motor activity with various forms of hardening increases resistance to adverse weather factors, enhances the protective effects of adaptation to physical exertion.
3. Rational nutrition. All vital processes in the human body are highly dependent on what its nutrition consists of, as well as the diet. Rational nutrition is the intake of nutrients that meet the energy, plastic and other needs of the body and provides the necessary level of metabolism. The main elements of nutrition are balance and proper nutrition.
4. Rational mode of life. Strict rhythmic mode of life is one of the most important conditions for high human performance. If a clear regime is observed, a certain biological rhythm of the functioning of the organism is developed, i.e. a dynamic stereotype in the form of a system of alternating conditioned reflexes. Being fixed, they make it easier for the body to perform its work, since they create conditions and opportunities for internal physiological preparation for the upcoming activity.
5. Prevention of bad habits. A healthy lifestyle of a person is impossible without giving up everything that harms the body, primarily the use of alcoholic beverages, smoking, drugs.
6. Self-education in the field of culture and health, includes conscious, self-directed and purposeful reproductive and cognitive activity of a person in the field of physical culture and

sports, aimed at preserving and strengthening labor potential through the need for good health and responsible attitude to it.

One of the important elements of a healthy lifestyle, prevention of colds is hardening. There is no alternative to hardening for the effectiveness of disease prevention and health promotion.

Hardening is an increase in the human body's resistance to the effects of various natural and climatic factors: heat, cold, atmospheric pressure, solar radiation.

Such stability can be achieved only as a result of systematic training and continuous improvement of adaptation mechanisms. In addition, cold hardening stimulates motor activity. It is one of the most important links in the system of physical education of a person. The combination of motor activity with various forms of hardening significantly increases the effectiveness of physical education, resistance to adverse weather factors, enhances the protective effects of adaptation to physical exertion.

Hardening provides training of the body's defenses, increasing its resistance to the effects of changing (in natural and specially organized conditions) external environment. Hardening is the most effective and affordable means of preserving and strengthening health in kindergarten and family conditions.

It is important, especially for younger preschoolers, to form concepts about how the body is tempered, what needs to be done for this and how the natural forces of nature, which include the sun, air, water, strengthen health, increase the efficiency of the body. So, water cleanses the skin from pollution; the sun's rays kill various microbes, favor the deposition of vitamin D under the skin and protect a person from diseases. The air of gardens, parks, forests contain special substances – phytoncides, which contribute to the destruction of microbes, enrich the blood with oxygen, etc.

Hardening is an obligatory element of physical education, especially important for children of younger preschool age, as it is of great importance for strengthening health, increasing efficiency, improving well-being, mood and cheerfulness. Hardening is a kind of training of the body's defenses, preparing them for timely mobilization.

Hardening does not cure, but prevents the disease, and this is its most important preventive role. A hardened person easily tolerates not only heat and cold, but also sudden changes in external temperature, which can weaken the body's defenses. Hardening increases the efficiency and endurance of the body.

Tempering procedures normalize the state of the emotional sphere, make the child more restrained, balanced, they give cheerfulness, improve mood.

Hardening causes corresponding changes in the activity of all organs and systems and makes them less susceptible to sudden fluctuations in ambient temperature. During the hardening procedures, the body receives a signal that it is in a stressful situation and it is necessary to adjust to it. Thus, the immune system gets used to various environmental changes. The

thermoregulation of the body is also adjusted, because in children it is still far from perfect. The body learns not to lose excess heat during cooling and vice versa, to give off heat so as not to overheat. With periodic repetitions of procedures, the body gradually gets used to it and immediately responds with the necessary reaction. The earlier the hardening of the child begins, the easier his body will tolerate the procedures and the more effective the result will be. In addition, when tempering a child, not only his body trains, but also the reactions of the brain are accelerated.

Hardening is based on three basic principles: systematicity, consistency, taking into account the individual characteristics of the child (Yu.N.Chusov).

Systematic: systematic application of various hardening procedures (washing, wiping, dousing, shower, bath, outdoor walks, etc.) have a positive effect on the nervous system, metabolism. The principle of systematicity requires daily procedures. Breaks in hardening can weaken or nullify the acquired protective functions.

Consistent and gradual increase in the dosage of procedures. This is a prerequisite for proper hardening.

There are several tempering groups in kindergarten:

Group 1 – (main) – healthy children with only functional abnormalities in health, provided that they have previously received hardening procedures.

Group 2 – (weakened) – healthy children starting hardening for the first time, patients with chronic diseases, after acute or exacerbation of a chronic disease.

Group 3 – not subject to hardening at the moment.

In the preschool, hardening procedures are carried out taking into account the individual characteristics of the child and his age. At the same time, the state of health, general physical development, type of nervous system, well-being and mood at a given time are of great importance. Hardening the body should be a pleasure! Thus, the main task of hardening as the foundations of a healthy lifestyle in primary school children is to help the child learn the principles of hardening, to acquire knowledge about the benefits of hardening procedures, to skillfully apply this knowledge to preserve and strengthen health.

There are many different ways and methods of forming the foundations of a healthy lifestyle by hardening. Since ancient times, the main and most effective methods of hardening by natural forces of nature have been used and now remain: the sun, air and water.

1. Air hardening. Such characteristics as temperature, moisture percentage and particle movement have a hardening effect on the body.

Air hardening procedures are included in the normal routine of the day:

- changing the child's clothes;
 - morning gymnastics, walking barefoot and light running along the "health path";
 - sleeping in a well-ventilated bedroom with fresh air access (open windows);
- through ventilation of the room up to 5 times a day;

- maintaining an optimal temperature regime in the room (18-22 ° C);
- daily walks in the fresh air for 3-4 hours in winter and all day in summer.

2. Hardening by the sun. Sunbathing should be done in motion, but games should be conducted of a calm nature. Sunbathing increases gradually: in the younger groups up to 20-25 minutes.

It is better to take sun baths from 8 to 9 and from 15 to 16, it is necessary to start after a meal, so that at least an hour and a half has passed, and half an hour before the start of the meal. It is necessary to be afraid of overheating. We need light panama hats.

3. Hardening with water. For children of younger preschool age, hand washing is necessarily introduced into the daily routine - in the morning, before and after meals, after a toilet and a walk. In addition to the hygienic value, washing hands with cool water performs a hardening role. After a while, you can expand the water hardening mode - alternately wash your hands up to the elbows, neck and face with warm and cold water. In the autumn-winter period, morning washing, washing children, washing hands before meals, washing feet before going to bed can be used as local hardening procedures.

One of the options for local hardening of the oropharynx is gargling with cool water after eating. Gargling is carried out with boiled water with a gradual decrease in its temperature from 36 to 16-18 ° C by 1 ° C every 5 days.

Special hardening water procedures include:

- wiping. General hardening with water in children is recommended to begin with wiping the body with a wet terry mitten. Wipe the hands first (from the fingers to the trunk), then the neck, chest, stomach, legs, back. After that, the child is immediately wiped dry until the skin is slightly reddened.

Wet wipes are the easiest of all water procedures. The initial temperature when wiping is 34-35 ° C. Within 10-15 days, it is reduced to 24 ° C in winter and 22 ° C in summer. The duration of the procedure is up to 3 minutes. At the end, a dry rubdown follows. Wiping is performed with a cloth soaked in water, the fabric of which must meet the following conditions: absorb water well, do not be too soft. It is desirable that the mittens are well moistened, but should not drip from them. After wiping, the body is rubbed with a dry towel. Wiping is accompanied by a light massaging action, and massage is always done from the periphery to the center, so the limbs should be wiped from the bottom up (hands from the brush, feet from the foot). Temperature decrease by one degree after 2-3 days. After wiping, you can proceed to dousing.

- dousing – it can be local and general. Local dousing: dousing of the legs, most often used in nurseries and junior groups. To get used to it, they start pouring from the feet, gradually rising higher. The initial water temperature in the younger groups is +30 ° C, then every 4-6 days, and for weakened children – every 7 days, the temperature decreases by 1 ° C and is brought to +18 ° C. The time of pouring the legs is 20-30 seconds. General dousing should

begin with a higher temperature of 36 ° C mainly in summer, and in the autumn-winter period it is necessary to organize so that the water covers, perhaps, a large surface of the body, the back, then the chest and stomach, then the right and left sides. After finishing - rub with a towel. The time under the jet is 20-40 seconds. In the future, the water temperature gradually decreases by 1 ° C in 7 days, and the duration increases to 35 seconds. The water temperature is gradually brought up to 22-20 ° C.

– bathing is carried out in natural conditions, that is, in reservoirs (river, lake, sea) in the summer. Children start bathing at a temperature of + 24-26 ° C of air and not lower than + 22 ° C of water, more seasoned children can be bathed at a temperature of +19-20 ° C of water. The duration of stay in the water increases from 1-2 minutes to 5-8 minutes. after bathing, there should always be movement.

Special attention should be paid to the conduct of tempering procedures in the regime moments of the day, contributing to the strengthening of health and the formation of the foundations of a healthy lifestyle. Hardening will be effective only when it is provided during the entire time of the child's stay in preschool. The hardening procedures in the younger group in the regime moments include:

- morning gymnastics;
- rinsing the mouth after each meal, training in brushing teeth;
- gymnastics in between classes;
- physical education classes in socks or sneakers and a dynamic hour on a walk once a week;
- phytoncides (onion, garlic);
- walking: daytime 10.30-11.40; evening 17.45-18.30;
- optimal motor mode;
- sleep without T-shirts;
- breathing exercises;
- exercises for the prevention of flat feet and individual work on the correction of flat feet and flattening of the foot;
- elements of extensive washing;

Evaluation of the effectiveness of hardening.

The control of the hardening efficiency is carried out according to the following indicators:

- behavior of children in various regime moments – reduced excitability, fast falling asleep, deep sleep, good appetite, increased attention and activity in general education classes;
- the desire of children to perform tempering procedures, a positive emotional attitude during their conduct;
- improvement of vegetative-vascular reaction of children – increase in skin temperature of hands and feet (warm hands and feet during the day);
- dynamics of morbidity of children.

The most important thing is that the child perceives all procedures with a good mood, for this it is necessary to observe the most comfortable conditions: the appropriate temperature in the room, a warm dry bed, the ability to dry off after water treatments, change wet underwear. The procedures should be of a playful nature.

Thus, special attention should be paid to the conduct of hardening procedures in the regime moments of the day, contributing to the strengthening of health and the formation of the foundations of a healthy lifestyle, with the help of natural means: air, sun and water.

Many centuries ago, people realized how important it is to take care of their health, keep clean and harden the body so that it is always strong and strong. To be healthy, you need to have the art of preserving and strengthening it. This art should be given as much attention as possible in preschool, since there are few perfectly healthy children now. Health is a prestigious business. And if so, then the role of each person in the struggle for their own health and the health of the child should increase, which means it is necessary that it become truly prestigious. It must be remembered that only at preschool age is the most favorable time to develop the right habits, which, in combination with teaching preschoolers the method of improving health, will lead to positive results. The leading factor in the proper psychophysical development of a preschool child is taking care of health, creating comfortable living conditions that meet hygienic and medical and pedagogical recommendations. Hardening is one of the best means of increasing the level of the body's defenses to the action of meteorological factors — cold, heat, low atmospheric pressure. Hardening means training the adaptive capabilities of the body and is based on the fact that with systematic and repeated exposure to skin receptors of environmental factors (air, water, solar radiation), various changes occur in the body.

First of all, thermoregulation processes are being improved, which increases the body's ability to adapt to environmental conditions without harm to health. The most important principle of tempering is a conscious attitude to tempering procedures. This means that the child should be interested, create the right psychological mood for him, convince him that it is necessary to harden up in the same way as washing, brushing teeth, etc. This will ensure the greatest success of hardening.

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