

THE IMPORTANCE OF WATER HARDENING OF PRESCHOOL CHILDREN

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Annotation. This article highlights the importance of using the healing powers of nature wisely so that preschool children can grow up physically and mentally fit and healthy. It also details the practical method of training young children through air and sun baths.

Keywords: hardening, water treatment, water hardening, baby swimming, foot bath, baby showering, contrast shower.

Relevance of the topic in the Resolution of the President of the Republic of Uzbekistan dated September 30, 2018 No PP-3955 "On measures to improve the management of the preschool education system" To further improve the quality of education, expand the network of preschool educational institutions, as well as strengthen the material and technical base, provide them with qualified teaching staff, modern educational programs and technologies for the comprehensive intellectual, spiritual, aesthetic and physical development of children. The role of the family in the upbringing of children in today's society is very important in order to introduce education into the educational process, to radically increase their level of readiness for school. In particular, a number of separate decisions and decrees are important in the legislation of the republic. For many, getting a preschooler out of the water seems like a daunting task. In fact, healthy babies can be bathed from the week of birth. Babies usually have a positive attitude towards water because they live in an aquatic environment for 9 months in the mother's womb, and their development is the basis for water exercise after birth

Water hardening. Water treatment has a stronger effect on the body than air therapy. This is because water has a thermal conductivity of 30 times and a heat capacity of 4 times that of air. There are three stages in the body's response to low water temperatures.

The first stage is the intensification of spasm of the skin vessels and cooling of the subcutaneous fat (deeper).

The second stage is vasodilatation due to adaptation to low water temperatures, redness of the skin and lowering of blood pressure. The third phase (discomfort) - the body loses its ability to adapt, vasospasm occurs, the skin turns white, there is tremor. Water is a commonly used hardening agent. The advantage of water over other hardening agents is that water procedures are easy to dose. Water hardening is very beneficial. The child is hardened by hygienic baths, washing, washing his feet, as well as rubbing the body with a wet towel and pouring water over it. Water hardening is started slowly and carefully. From the age of 3-4 months, the baby can be wiped with a wet towel. Be sure to consult a doctor before starting this procedure, and then prepare to rub the baby's skin with a wet towel. To do this, rub a piece of dry towel or soft woolen cloth every morning until the child's body, arms and legs are red. After 1.5-2 weeks, you can start wiping with water. The towel is soaked in water and squeezed, first the child's arms, then the chest, abdomen, back, and legs. Immediately wipe the wet area of the body with a towel until the skin is slightly red. Cover the baby's body with a blanket, except where it is to be rubbed. You can add a teaspoon of salt or a tablespoon of alcohol to a glass of water. Usually when a child wakes up in the morning, the body is wiped. Duration 5-6 minutes.

The water temperature should be 32-33 °C. Then the water temperature is gradually lowered from 1 °C to 30 °C at intervals of 5-7 days.

Even if the water in the hygienic bath is not too hot, the water temperature should be 36.5-37.5 °C for children under 6 months and 36 °C for older children. After the bath, pour water over the child, the temperature of which should be 1-2 °C lower. Over time, the temperature of the water poured over the baby decreases by another 2-3 °C. From the age of 10-11 months, the child should wash his face, neck and hands in the morning and evening with cold water up to the elbows (water temperature should not be less than 18-20 °C). Contrast shower - a sharp change in water temperature, ie 15-20 seconds in hot water, 15-20 seconds in cold water. Contrast showers are best used by local members. For example, it is very effective in increasing vascular tone in the legs, arms, face and neck. Regulates the balance of excitation and inhibition of the nervous system. It is the most reliable method of relieving stress. Vigilance is required when bathing young children in a contrast shower. The temperature between hot and cold water should not exceed 5-8 °C. It is possible to gradually increase this figure as the child learns to harden.

Water procedures. Water procedures play an important role in exercise. Water has a very strong thermal conductivity and heat capacity, its effect on heat control mechanisms is stronger than air at this temperature, and the thermal conductivity of air is 30 times lower than that of water. When water touches the surface of the skin, according to the above-mentioned properties, heat dissipation increases sharply, the blood vessels of the skin constrict, their insides constrict, and there is a feeling of cooling. It makes you tremble, and your skin looks like chicken. But after 1-2 minutes, the veins dilate and there is a feeling of warmth - the skin turns pink and becomes warm. The following basic principle should be strictly adhered to in water exercise, which is more important than other types of exercise, that is, each treatment should be chosen regularly, gradually, to suit each child. Different types of water exercise should be done in a certain sequence. As you soak your baby in water, take hygienic baths, bathe, pour water over him, wash his feet, rub his body with a wet towel, take a shower, and take a bath. Hygienic bathing is the first water treatment, which begins in the middle of the baby's umbilical cord ulcer. The water temperature should be appropriate for the child's body temperature (36-37 °C). The duration of the bath is 5-7 minutes. For children over 1 year of age, the water temperature should be 35-36 °C. After taking a bath, it is better to pour water over the child in a larger mouth, the temperature of the water should be 1-2 °C colder than when taking a bath. After 5-6 days, the temperature of the water should be lowered from 1 °C to 26-28 °C, it is very useful to keep the water hot and cold. Each child raises the water temperature differently, sometimes warmer and sometimes colder, so when the child is scared, when the meat is tender and disturbed, the water temperature should not be lowered, in some cases the water is much warmer than before (1-2 °C e) It is necessary to stop this procedure altogether when the child does not want to bathe at all. In summer, it is better to take hygienic baths in the open air at a temperature of 33-35 °C.

Washing the mouth and hands when a child is half a year old and his teeth start to erupt one after another is not only hygienic, but also has a firming effect. The child's face and hands are washed 1-2 times a day in water at a temperature of 25-27 °C. The water temperature is then gradually lowered to room temperature (18-20 °C). Preschool children should be bathed in tap water at 14-16 °C. In summer, it is good for school-age children to bathe in natural sources - springs, ditches and streams, where the water temperature is usually 10-12 °C. The simplest, most specific method of exercise that can be used from the age of 3-4 months is to rub the body with a wet towel. It is best to wipe the body in the morning and after sleeping at night. A bag made of soft cotton fabric is dipped in water, squeezed, and first the arms, then the chest, abdomen, buttocks, and legs are wiped. Wet areas are

then wiped with a towel, then rubbed with a thick towel until the skin is red, the water temperature and water treatment are interrelated. The lower the water temperature, the shorter the treatment time. Minors should be wiped with water at a temperature of 36-37 °C. Then every week the water temperature is lowered from 1 °C to 28-30 °C. For 2-3 year olds, the water temperature is lowered to 25-26 °C. If this procedure is first applied to preschool children, then the initial water temperature should be 30-32 °C, then the water temperature should be gradually reduced to 18-20 °C in the same sequence as for infants. The whole treatment takes a maximum of 3-5 minutes. Watering and showering is a powerful treatment that affects the child's nervous system. Watering begins in the first year of a child's life, and children as young as 1 to 3 years old, on the advice of a doctor, are immersed in water and bathed, as in the case of obstructions. As with other water procedures, the water temperature should be lowered by 1 °C during the week when pouring water over it and taking a shower. Initially, the water temperature should be 33-35 °C, gradually reduced to 24-26 °C. For children 1 year and older, it is very beneficial to pour water on the feet from sleeping at night. Initially, the water temperature should be 28 °C, gradually lowering it to 16-18 °C. After pouring water on the feet, wipe them dry with a cotton towel. An effective method of hardening is to take a foot bath, foot baths can be started from the age of 3-4 years after pouring water on the foot. This procedure is performed according to the following method. The child sits with his feet in a basin filled with water at a temperature of 25-27 °C. In the following days, this treatment is extended every day for 1 minute in water of the same temperature. Delivered in 10 minutes to 10 days. After that, the UV temperature is lowered by 5-7 °C (20-22 °C). If the child likes the water, after 20 days he will take a foot bath in the Osh scheme with much colder 16-18 °C water. After each treatment, the feet are wiped dry and rubbed until the child feels a pleasant warmth.

From the age of 3-4, children are allowed to swim in open water. This is the best way to harden the body during the summer. A preschooler can take a 2-3 minute bath at first, and school children can take a 3-5 minute bath. Then the bathing time is increased to 10-15 minutes. Let the child move as much as possible in the water. As soon as the child is cold, take him out of the water and wipe him frequently with a dry towel until his skin is red, then dress him and play active games with him.

Baby swimming. Swimming infants has become popular in recent years. After consulting a doctor in advance, the baby can start swimming from the age of 3 weeks. Scientific studies have shown that constantly swimming the baby in a bath full of water creates in them a clear positive emotions - the child is happy, laughs, murmurs, and after several swims he reacts to the constant braking - the child sleeps soundly. Swimming improves the work of the cardiovascular and respiratory systems, increases digestive function, improves appetite, the child sleeps on time and wakes up on time, which is the basis for the normal development of the child. If the child becomes ill, stop swimming. After seeing a doctor, depending on the child's condition, it is possible to continue swimming with the appropriate method.

In short, the physiological condition of children through immersion in water, as well as the implementation of the above recommendations in the process of physical development, leads to high results. It is necessary not only to bring up the child in a delicate way, but also to strengthen it, to train it, to increase the activity of the growing organism. Water procedures play an important role in exercise. Water has a very strong thermal conductivity and heat capacity, its effect on heat control mechanisms is stronger than air at this temperature, and the thermal conductivity of air is 30 times lower than that of water. When water touches the surface of the skin, according to the above-mentioned properties, heat dissipation increases sharply, the blood vessels of the skin constrict, their insides constrict, and there is a feeling of cooling.

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