

PHYSIOLOGY OF CHILDREN AT THE AGE OF PRE-SCHOOL EDUCATION

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Abstract

In this article, the spiritual and physical changes in the physiology of children at the age of pre-school education, strengthening their health, physical nerve and psychic development and the changes in the organism are presented.

Keywords: physiology, child, changes, development, various age children, spiritual and physical health, skills, interests, school preparation.

Introduction

Pre-school age children have their own physiological development and changes observed in them. The period of preschool education lasts from 1 to 6-7 years. During this period, children grow rapidly physically and mentally, and their speech develops. When children of this age go to school, their life processes, morals, interests and relationships with others change significantly. Therefore, it is necessary to prepare children for school education in kindergarten or at home before they go to school. It is necessary to introduce such skills and qualifications. It is necessary to read them various works of art, fairy tales and interesting comics, and to increase their interest in reading. Such skills help preschool children to get rid of serious difficulties during the adjustment period.

The activities of the nervous system and digestive system of preschool children of different ages begin to develop at different times and at different speeds. All of their development and complexity show the changes occurring in the body. The physical and mental development of children is mainly influenced by the family environment and their relationships with the people around them. When raising children in the family, there should be closeness between the parents and the child and the trust of the parents in the child. Family environment is important in raising children of this age. Parents should not leave children alone during upbringing. That's why it is necessary to teach a child the first life experiences and skills, how to behave in different situations. What we teach the child, what he sees in the family, he performs those tasks. For this reason, we should give children a good upbringing, respect adults, always be kind and teach them many other habits.

Children's speech, ability to understand words spoken by others, analysis and criticism of other people's speech, and being influenced by music, artistic words, all this is observed in children of 2-4 years of age. Children of this age have a well-developed memory and quickly remember what they see and hear. During this period, they should memorize more poems, read books and listen to various audio stories.

Most of the bones of preschool children consist of soft and flexible cartilage. Therefore, the child should not stand in one place for a long time and should not carry heavy loads. During this period, sending children to dance and sports clubs will help their healthy development. As the age of children increases, changes in their body, fluency of speech, correctness of basic movements, improvement of nervous system, curiosity and the council of thinking circles are observed.

When a child reaches the age of 4, his physical growth and brain activity accelerate. At this age, the child's height is 105-108 cm, weight is 18-19 kg. They try to do all the actions independently. Children of this age are active, more playful and curious. During this period, it is necessary to pay special attention to children's proper nutrition, compliance with sanitary and hygiene rules, sleep on time, check their health, mental and physical condition. It is recommended to spend more time with them, keep their mood always upbeat and conduct various interesting activities.

When a child reaches the age of 5-6, their height grows by 7-8 cm, and their legs develop much faster. Its weight is 20-22 kg. It is necessary to pay great attention to the development of children of this age. This period strives to be independent, different from school life and kindergarten. In the period of preparation for school, it is necessary to engage more with children and prepare them for school life. The development of children between 5 and 6 years of age is necessary to prepare for school and to be given all the necessary skills for this. Children of this age should know an average of 3,000 words, be able to say their address, the length of their speech, know complex sentences, be clear and fluent in pronunciation, be able to distinguish between right and left sides, partially know the rules of hygiene and it is necessary to know how to observe the rules of etiquette.

Special attention should be paid to the mental development of children of this age. Because at present, the mental development of children of this age is unclear and there are many delays. Such children often have mental and cognitive deprivations, their development slows down, personal immaturity and impaired cognitive functioning are observed. Due to changes in the system of other organs, such children are not considered ready for school education. Children with developmental problems need a good family environment. Such children are educated in special pre-school preparatory courses and schools. While working with them, teachers try to improve their mental and physical activity by conducting various trainings. Knowledge of the characteristics of the nervous system of children of preschool age is necessary for the prevention of secondary diseases and psychophysical correction, as well as for the acceleration of neurodynamic processes.

By the end of the preschool period, significant changes are observed in their behavior, mental and physical condition. In this case, in the seventh year of a child's life, the range of

actions in him expands and identification, the uniqueness and adaptation of his actions in his body are observed. At this age, they have the ability to manage themselves, control their actions and think independently. During this period, they train, become curious and can control their health. It is necessary to pay attention to their interests or make them interested in various sports. Playing sports has a good effect on the proper development of their height and health. Nowadays, any six-year-old child can be admitted to school. For this, they should be physically and mentally healthy, mentally ready to learn and curious. For this reason, 6-7-year-old children are considered school-age children. Teachers who teach these children should have special pedagogical and psychological education.

Conclusion

In the process of preparing preschool children for educational institutions, their interests should be taken into account. Age-related characteristics are very important in their development. It is necessary to assess their development according to their age. Special attention is paid to their weight gain, height, psychological thinking, physical health, fluency of speech and level of information reception in the external environment. Because a healthy child means the future of our country.

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