



MOVEMENT OF CHILDREN ON THE BASIS OF THE MEANS OF OPTIMAL DAILY PHYSICAL ACTIVITY AND THEIR TRAINING

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Annotation

This article provides information on the development of qualities in children, such as optimal motor activity and the training of them and the creation of the basis for the initial skills of their formation, which are the most necessary actions in life.

Keywords. vital actions, hardening of the organism, hardening treatments, means of hardening, physical development, functional readiness of the organism.

Introduction

From the time of breastfeeding, the child feels the need for action, unfortunately, to date, no research has been conducted on this norm of need and its status. Typically, the first month is a period of environmental adjustment for the child. If the baby's skin is healthy, the umbilical ulcer is well healed, and the doctor should emphasize his health and tell him that after his admission, the baby can start exercise lotions from one month of age [1,2,3].

First of all, the child should be accustomed to the simplest, vital actions and habits. They are movements that facilitate the proper formation of the spine, such as lying on your back, lying on your stomach, rolling from a supine position, stretching movements, such as striving for hanging toys.

Once your toddler is 5 months old, you will need to teach him to crawl properly. In this case, the child should not only push on the hands, but also use the feet and paws equally. Otherwise, the child's legs may become immobile and later lag behind in development (Figure 1).



Figure 1



The last stage of vital movements should be sitting, training to keep the body upright. In doing so, it is advisable that you use devices that make it convenient to put it upright or upright. To do this, you will need to use movements that develop the leg muscles, shoulder girdle muscles, large muscles of the back (Fig. 1).

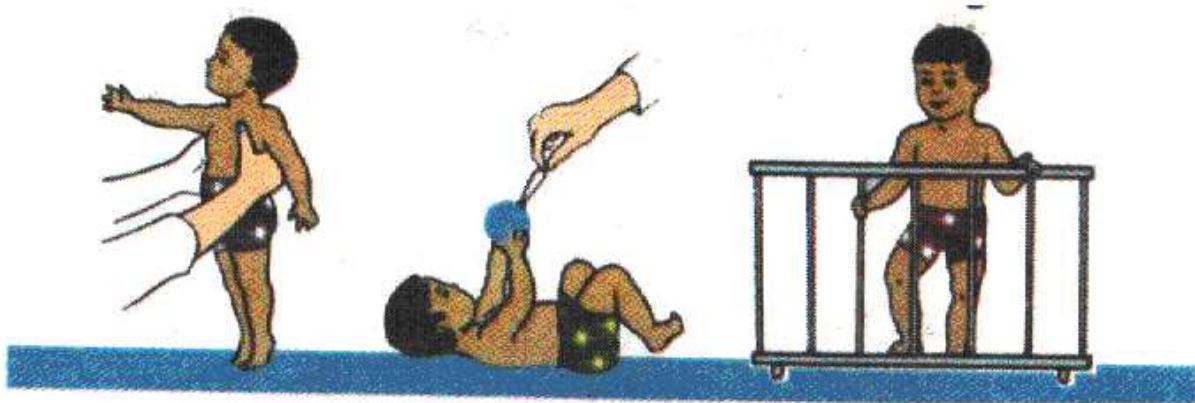


Figure 2

Our observations show that children with normal organs and structures try to walk upright from the age of 7-8 months. Some start walking comfortably in 8 months. They will be able to walk, run, climb, and jump from a certain height (Figure 3). Those who grow up unhealthy may not be able to stand up until they are 1.5 years old. In this case, therapeutic gymnastics, massage and other strengthening factors of the body require the use of healthy lifestyle as a means of physical culture.



Figure 3

Proper and straight steps of the child ensure the proper development of the spine and a high level of physical culture in the future.



Strengthening the body requires optimal actions and reliance on their norms. Hardened children are more susceptible to changes in humidity, heat and cold, and are less prone to colds and other illnesses. Exercise strengthens the nervous system, promotes the development of muscles and bones, improves the function of the heart, lungs, digestive and excretory organs, improves blood circulation and metabolism, makes the body resistant to pathogens. The following principles should be followed when applying firming procedures: early start, gradual and consistent. The specific characteristics of the child must be taken into account [4,5,6,7,8,9,10].

The means of hardening are simple and accessible to all, but it is necessary not to be afraid of the fresh air, not to surround the children, throwing away the misconceptions that have settled in the brain. It is recommended to ventilate the room 4-5 times a day in the snow, and in the summer to keep the windows open, because the windows do not transmit ultraviolet light, which is necessary for the growing organism. Smoking is not allowed in the child's bedroom.

Changing diapers, clothes, undressing the baby before bathing - the first x, avo bath-l a r i, are the first hardening muopajas. The air temperature for a breastfed baby should be at least 22 ° C at home x, am, and when taking an air bath on the street. After the child has learned a lot, the temperature can be between 20 and 18 ° C when taking an air bath [11,12,13,14,15,16,17].

Air baths should be carried out carefully: the initial period should not exceed 2-3 minutes. Gradually, the period is extended to 15 minutes for 6-month-olds and 20-25 minutes for 6-12-month-olds. The treatment can be performed 2 times a day. Children who are not accustomed to the weak and cold weather should be gradually undressed: first their arms and legs are stripped, then to the waist, and finally the little toy is stripped bare. during the summer, air baths should preferably be held in the open x, avoda, under an umbrella, or in the shade of trees, as there is a lot of ultraviolet light in the diffused sunlight.

Traveling is very useful for children. In order to strengthen the child during the trip, you can use various means of physical education (for example, sports and recreational activities - skating, skiing, cycling, etc.). Children this age can ride a bike for a maximum of 15 minutes at an average speed.

The child is taught to cool the air by slowly opening the window in the room, starting with the "walk", it is very good if the child sleeps in the open air. As the child hardens, let him be a cadet and play and laugh. If the child is upset and cries during hardening, it means that the hardening is done incorrectly.

Exercise is good for all children, especially vulnerable children.





If the child becomes ill, very anxious (nervous, unable to sleep well, cries, puts a nipple in his mouth), the abortion is stopped.

Exercise is an important aspect of children's physical education. Most people know about exercise, but not many among the population engage in these treatments. Families engaged in exercise, large and small, are rare. They are talked about in the press, shown on television, studied by scientists, and disseminated by journalists.

If you have not yet hardened your little one, it is not yet time to start such procedures. The main means of hardening - air, water and sunlight - can increase the endurance of the child's body. As a result, the child will have a lot of colds. The fact that a child is very sick 4 times a year and more impairs his physical development and all the vital processes in his body. Such children do not gain weight well.

If you want your child to grow up healthy, energetic, cheerful and cheerful, use it freely without fear of the natural factors of nature. It is very useful for children to take air baths, water treatments, to wear thin clothes all year round, to walk barefoot on the floor in winter and on the grass in summer, and to bathe in the bath with a small drop of water.

3-year-olds are allowed to bathe in open water pools. Such hardening treatments can be used in the summer. In this case, the water temperature should be 25°C and the air temperature should be 25°C. The child is allowed to bathe at least once a day. At home, the child can be bathed in the shower, bath, tub. The shower is a very effective tool in strengthening the body. The temperature of the shower water can be gradually lowered from 36°C to 28°C in winter and to 24°C in summer. Remember to rub your baby's body frequently with a fluffy towel after bathing.

There are several types of water hardening: for example, washing, rubbing the body with a damp towel, pouring water on the feet. Children over the age of 2 can wash their hands up to the elbows, face, neck and upper chest. When rubbing the body, the water temperature is initially 32°C, then it is gradually reduced to 25°C.

Pouring hot or cold water on a child's foot is a good way to exercise. This treatment can be applied to children of all ages.

No matter what the weather, you should not hesitate to go for a long outdoor walk with the child, so it will be effective to exercise in the water. The child should be dressed according to the temperature, so that he does not sweat, sweat or cool down. Some parents wrap the child so tightly that they even tuck 2-3 pants together to make it easier to put on. However, these "caring" mothers completely forget that thick clothes interfere with the movement of the child, the child becomes hot and sweaty. Such a well-dressed bacha does not harden at all in the fresh air.





There are parents who do the opposite, they try to harden their children in unusual and dangerous ways: they allow them to walk barefoot in the snow, they always harden the child, they put it on room temperature water, and there are even walrus children. The issue of training children in this way is still controversial. Proponents of such an idea try to scientifically substantiate methods that have a strong impact. Many experts (doctors, teachers) believe that such informal methods of exercise are not only unpleasant but also harmful for the little ones. Because such treatments are a certain burden on the child's body, they can lead to stress, which can cause great harm to his health.

When exercise is used wisely, a child's nervous system improves, appetite and sleep improve, he becomes happy, and his health improves. At the same time, it is necessary to follow the regularity - to carry out hardening procedures throughout the year without bleeding.

In winter, it is best to do water treatments after the child wakes up, and in summer before lunch. We must not forget that the consequences of the smallest, trivial mistakes in the process of hardening can lead to a long time to correct them, to treatments that restore the physical and mental strength of the child.

The level of fitness of the body has been proven by scientific research over the past decades to play a leading role in the physical development of the child, physical, mental, functional readiness of the organism.

The healing powers of nature are enviable in our country. Humidity, water sources, sunlight, soothing breezes, cool shades, temperate winters, in short, the heavenly place play a key role in educating the children of our country.

Conclusion

Walking, running, jumping and throwing exercises are the most necessary movements in human life and their formation begins at a pre-school age with the basic ground skills. Vital movement skills are performed by hanging and climbing on gymnastic equipment, and basic gymnastic exercises are performed mainly by means of ladders, gymnastic walls, horizontal bars, hoops, tutor's fingers, elbow-type movements, exercises and other means.





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