



PROMOTING A HEALTHY LIFESTYLE FOR YOUNG MOTHERS IN THE FAMILY

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Annotation

The Uzbek people are a childish people. They usually open their hands in prayer, asking the Creator to give them righteous children and to see their well-being. Prayer alone is not enough for a dear child to become a righteous and perfect person. After all, in order to build a civil society and a state based on the rule of law, first of all, we need to bring up a generation that is healthy in all respects, highly spiritual, independent-minded, socially active should. Here, every parent imagines in the person of their child the realization of cherished dreams and hopes, a bright future. The child develops mentally under the influence of the social environment.

Keywords: healthy lifestyle, young mothers, Sport, physical training, folk games.

Introduction

In the process of interacting with the people around him, he masters the language and the system of concepts that comprises it. As a result, the child becomes so proficient in the language that he can use it freely as a means of communication. In order to properly organize the mental education of primary school students, it is necessary to know the laws and possibilities of their mental development. The task of mental education is determined by its content, method and organization. The role of mental education in preparing children for school is great.

The acquisition of knowledge by children is an important resource for the development of their mental activity, independence, intellectual skills and abilities in their successful schooling and preparation for future employment.

As a result of the acquisition of knowledge, the child's personality is also formed. The child acquires imagination and understanding of different types of art. As a result of the acquisition of this real knowledge, the child forms the components of an objective understanding of the environment. Intuition helps children learn certain properties. Intuition is the first stage of knowing the environment. The acquisition of knowledge by children serves as an important resource in the development of their mental activity, the acquisition of mental skills and abilities, their preparation for future work, for their successful schooling. One of the qualities of intelligence that is formed





in the process of mental education is critical thinking. The criticality of the mind refers to the ability to solve the task of the results of cognitive activity, to evaluate the chosen methods, conclusions, considerations. Mental development is manifested in the breadth of the scope of the mind – in the multifaceted relationship between events and in the ability to consider in proportion.

One of the important requirements in the application of innovative educational technologies is to achieve high results in a short time without spending excessive mental and physical effort. Delivering certain theoretical knowledge to students in a short period of time, based on a specific activity in them the formation of skills and competencies, as well as monitoring the activities of students, the assessment of the level of knowledge, skills and abilities acquired by them requires a teacher with high pedagogical skills and a new approach to the educational process.

The goal cannot be achieved through the forced use of innovative educational technologies.

On the contrary, it is advisable to develop them creatively, along with the use of advanced technologies based on or used by experienced educators.

Innovative pedagogical technologies in kindergarten lead to a positive change in the development of the child, in the process of cognition, emotional motivation, they affect the character of the child, at which time the learner's interest in cognition increases. The use of innovative technologies develops the learner's ability to work independently in the learning process, self-education, self-education, self-activation, independent decision-making.

Knowledge and experience of innovative technologies and their application in education ensure that children are educated and mature. At the same time education The use of ideas and views of our scholars in the application of new pedagogical technologies in the process of teaching leads to more effective teaching and educating students.

The demand of the present time, the fact that universal problems are on the agenda, requires healthy, strong and resilient women to give birth to and raise healthy, and wise children who are able to solve them. In many ways, a nation is already healthy depends on the health of our women, not only their physical but also their spiritual health. The future of our society and its level of development will be determined by the fact that our women will understand their role in the system "healthy woman - healthy child - healthy society", understand the content and essence of this integrity, and realize the great responsibility of nature and destiny for the health of the nation. Only in this way, the Uzbek nation is one of the most advanced nations in the world takes its rightful place. However, if an Uzbek woman is constantly engaged in physical





culture and sports, if she is the head of child-rearing and sends her to sports clubs, if she takes a more responsible approach to child-rearing, she will bring up a strong, young and healthy nation. Evolution it is also obligatory for society to show due respect and esteem to the great biological destiny of women, such as ensuring the continuity of life imposed by nature in ensuring development. Protecting women, strengthening their health, glorifying women's dignity

It is a trust and a traditional, national and spiritual heritage that has been cherished and respected by our ancestors for centuries and that has been entrusted to us and must be justified. After all, a woman is the honor, dignity and conscience of a nation, its honor and pride. After all, a woman in all times, in all hands, has the honor and conscience of the country, its well-being.

He was revered as a great man of measure, and his honor was always considered sacred.

It is known that the issues of enhanced protection of children's health, the formation of a healthy generation by strengthening the health of the younger generation, the formation of a healthy lifestyle among all segments of the population are in the constant focus of the President and Government of Uzbekistan. Explanatory work is being carried out among the population on the birth and upbringing of healthy children, the formation of young people's desire to build a healthy and harmonious family, a healthy lifestyle. It provides the necessary conditions for the physical and physical development of children and adolescents, the formation of a physically strong and spiritually mature young generation. Especially women's sports receive a lot of attention from our government is given. Measures are being taken to ensure the upbringing of a physically healthy and spiritually mature young generation. Physical education and sports are an integral part of human culture. That is why physical culture and sports in our country deep attention is paid to the problems of development. In this regard, the Law of the Republic of Uzbekistan "On Physical Culture and Sports" is important. A healthy generation is not only physically but also mentally mature. It is necessary to organize a medical and psychological service for the upbringing of a fully developed person, to organize physical rehabilitation work with children and youth of kindergarten age, as well as with the adult population, especially women.

Physical culture is an integral part of culture It not only promotes good health, but also relieves some congenital diseases, osteochondrosis, helps prevent diseases such as thrombophlebitis. Exercising means exercising regularly, following a routine and hygiene rules, and exercising your body using the sun, air, and water effectively. An





integral part of physical culture is sport. Exercising means constant results, constantly achieving high results in competitions through increasing loads.

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