

WAYS TO FORM A HEALTHY LIFESTYLE FOR CHILDREN IN THE FAMILY.

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Abstract: *The article describes how children form a healthy lifestyle in the family.*

Key words: *healthy lifestyle, preschool, family, physical education, educator, teacher, knowledge, skill, qualification.*

Аннотация: *В статье рассказывается, как дети формируют здоровый образ жизни в семье.*

Ключевые слова: *здоровый образ жизни, дошкольный, семья, физическая культура, воспитатель, педагог, знания, навык, квалификация.*

Annotatsiya: *Ushbu maqolada bolalarni oilada sog'lom turmush tarzini shakllantirish usullari yoritilib berilgan.*

Tayanch so'zlar: *sog'lom turmush tarzi, maktabgacha, oila, jismoniy tarbiya, hamkorlik, tarbiyachi, bilim, ko'nikma, malaka.*

Today, one of the most important tasks is to form a healthy generation. First of all, it is the formation of a healthy lifestyle, the creation of various living conditions, the establishment of a material basis for the upbringing of a healthy generation, ie the adoption of state programs with economic and financial support and their effective implementation. It is a testament to his focus on young people, the family, and the healthy generation.

To create the necessary conditions for building a healthy and strong family, which is an important, decisive link in the upbringing of the younger generation, formed as children, individuals, nurtured in the spirit of love for the Fatherland, national and universal values, worthy representatives of their people; The issues of establishing the principles of a healthy lifestyle among young people, the implementation of comprehensive measures to protect them from the dangers and harmful effects of drugs, immorality, various evils of the inferior "popular culture" are discussed.

Pre-school education, family and community partnerships play an important role in shaping the health of preschool children in the family. On the basis of this

cooperation, the activities of MTC, family, neighborhood, preschool children in the formation of a healthy lifestyle in the family will be significantly improved; work forms and methods are enriched; mutual exchange of experience; there is a critical and imitative approach to work; Repetition is not allowed in educational work; the quality of the educational process will increase; an integrated mechanism of cooperation will be created; There is a need for a healthy lifestyle in the family of preschool children, there is an opportunity to conduct educational work at a scientific, practical, high level.

The effectiveness of interaction in the formation of a healthy lifestyle in the family of preschool children has its own characteristics. They are:

- Strengthen, enrich and improve the content of knowledge, skills and abilities formed in preschool education institutions;
- The content, form and methods of educational work are organized not on the basis of existing achievements, but on the basis of shortcomings, interests and aspirations of preschool children;
- Consistency, consistency in activities, the advantage of relying on public opinion;
- Public monitoring of the evaluation of the results of educational work.

In the formation of a healthy lifestyle in the family of preschool children:

- Supporting the interests and aspirations of preschool children, strengthening the role of state and public organizations in solving their problems;
- Carrying out regular monitoring of the work carried out in collaboration with the family, community, MTCs on the formation of a healthy lifestyle in preschool children in the family and the establishment of appropriate measures, strengthening their control;

- maintaining the health of family members, ensuring the healthy physical growth of preschool children;
- comprehensive spiritual, moral and ethical upbringing of children in the family;
- Ensuring that children are involved in physical culture and sports;
- upbringing children in the spirit of respect for national and universal values, devotion to family traditions and customs;
- Creating a culture of interaction between family members, a healthy spiritual environment between spouses, parents and children, the formation of a healthy lifestyle;
- Regularly inform children about healthy lifestyles;
- It is necessary to carry out educational activities to raise the awareness of young people on issues such as achieving full economic security of the family.

In addition, to ensure the effectiveness of the content of cooperation:

- Pre-school education, families, neighborhoods, the importance of a healthy lifestyle, the role of physical education and sports in human life, the impact of ecology on personal health, the promotion of the sanctity of marriage among young people, preparing young people for family life, preparing young people for family life in educational institutions. There is a need to increase the demand for courses.

In conclusion, the solution of these social problems, the development of effective research technologies for the formation of a healthy lifestyle with preschool children, and regular monitoring will help to determine their role in the development of society.