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HEALTH SAVING TECHNOLOGIES IN PRESCHOOL EDUCATION

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ABSTRACT

In this article, we explore the use of health-saving technologies in preschool education. The authors investigate various methods and tools that can be used to improve children's health and well-being. They also discuss the importance of training parents and teachers in using these technologies. The article highlights the need for integrating technology into the educational process and its positive impact on children's health and development.

KEYWORDS

Health-Saving Technologies, Preschool Education, Health and Well-Being, Training Parents and Teachers, Integration of Technology into the Educational Process, Positive Impact on Children's Health and Development.

INTRODUCTION

Health-saving technologies in preschool education are technologies that are aimed at solving the priority task of modern preschool education — the task of preserving, supporting, and enriching health subjects in the preschool educational process: children, teachers, and parents.

A technology is a tool for professional activity, characterized by a specific quality — pedagogical. The essence of pedagogical technology lies in the fact that it has a well-defined stepwise nature (step-by-step approach), which includes a set of specific professional

actions on each stage, allowing the teacher to foresee intermediate and final results of their own professional activities.

What are health-saving technologies?

Health-saving technologies are technologies that are aimed at preserving health.

The goal of health-saving technologies in preschool education is to ensure high levels of real health for preschoolers and to educate health consciousness, as

a combination of conscious attitude towards health and life, knowledge about health, and ability to protect, maintain, and preserve it, health literacy, which allows preschoolers to independently and effectively solve healthy lifestyle and safe behavior tasks, tasks related to basic medical and psychological self-help and help.

Health-saving educational technologies are among the most significant technologies known to date in terms of their impact on children's health. Their main feature is the use of psychologically and pedagogically oriented methods, approaches, and techniques to solve problems that may arise.

Taking care of one's own health is a priority task for every adult person. With children, the situation is different. You can explain to them that watching too many cartoons is harmful for their eyes, or interest them in physical exercises and learning games, but they themselves will not take care of their health to the full extent. This is the responsibility of parents and employees of kindergartens.

At present, one of the most important and global issues facing us is the state of children's health. Rearing a healthy child is the most important thing we need to do as teachers of preschool institutions. Full physical development and health are essential for personality formation.

Physical health is inextricably linked with mental health and emotional well-being. In line with the principle "healthy child = successful child," I consider it impossible to solve the problem of raising socially adapted individuals without implementing a system of health-saving technologies in preschool education. Therefore, in today's society, health-saving

technologies in preschool education are considered one of the priority directions of pedagogical activity.

The application of health-saving educational technologies in preschool education will enhance the effectiveness of the educational and educational process, shape values oriented towards preserving and strengthening health among parents and teachers, if conditions are created for the possibility of adjusting technologies according to specific conditions and specialization of the preschool institution;

To ensure health-saving space, it is necessary to have the following facilities:

1. Medical cabinet
2. Sports hall
3. Music hall
4. Group rooms
5. Outdoor playgrounds

To make the organized health-saving space work, it is necessary to:

1. Observe sanitary and hygienic conditions
2. Provide children with psychological and emotional comfort
3. Take into account the individual characteristics of preschoolers
4. Approach educational process creatively
5. Monitor the health of children
6. Use health-saving technologies

7. Ensure children's safety during lessons and games.
8. Provide conditions for the development of physical qualities in children.
9. Conduct lessons using interactive technologies.
10. Organize various events to strengthen children's health.

Health-saving technologies are necessary for maintaining and increasing children's health. To achieve this, daily work is carried out in the preschool institution: introducing children to physical culture, organizing nutrition, conducting medical control, health education, parental education, and other forms of health promotion. The goal of health-saving technologies is not only to preserve health but also to form a healthy lifestyle from an early age. By laying down this necessary foundation in preschool institutions, children acquire the skills necessary to independently take care of their health in the future.

The health-saving technology system in preschool institutions includes:

- Different health-promoting regimes (adaptive, flexible, mild, seasonal, during school holidays).
- A variety of health-promoting measures (airborne exercise, barefoot walking, prevention of flat feet; hiking, "topsoiling", pooling, mouth and throat rinsing, maximizing time spent outdoors, invigorating gymnastics).
- Physical education classes of all types.
- Optimization of movement patterns: traditional physical activity for children (morning gymnastics, physical education classes, playing games, walks) and innovative health promotion technologies (rhythmic gymnastics, locomotoric gymnastics,

dry swimming pools, massage devices, tactile paths).

- Optimized feeding.
- Medical-prophylactic work with children and parents.
- Compliance with Sanitary and Epidemiological Standards for preschool institutions.
- A complex of health promotion measures for preschool teachers.
- A complex of health promotion measures for parents and children.
- A complex of health promotion measures for preschool institutions and families.

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