

## HYGIENIC ASPECTS OF ORGANIZATION OF THE DAILY ROUTINE OF PRESCHOOLERS

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**Annotation:** The concept of "daily regime" includes the duration, organization and distribution during the day of all activities, rest and meals. A rationally built and organized regime is an important factor that ensures the timely and harmonious physical and mental development of children and adolescents, the optimal level of performance, and also prevents the development of fatigue and increases the overall resistance of the body.

**Key words:** organization, regime, physical and mental development, rational regimen

In the daily routine of modern schoolchildren, according to numerous studies, there is a decrease in the duration of night sleep to 5-7 hours, lack of exposure to fresh air (up to 1 hour), low physical activity and a significant increase in the duration of working with a computer and watching television (up to 3 hours). In connection with the beginning of early education and its intensification, similar deviations are noted in the daily routine of preschoolers, forming functional and other health disorders.

The main hygienic principle of constructing a rational regimen of the day is its strict implementation, the inadmissibility of frequent changes, the gradual transition to a new mode of education and training.

According to modern concepts of the theory of functional systems of the body, the development of a dynamic stereotype, as well as its change, occurs gradually, over a certain period of time, under repeatedly repeated conditions. It is noted that the smaller the child, the more difficult it is to form a dynamic stereotype, and a small child is more sensitive to any changes in it.

The physiological basis that determines the nature and duration of activity is the level of efficiency of the cells of the cerebral cortex, therefore it is so important not to exceed the limit of the efficiency of the central nervous system, as well as to ensure its full functional recovery after work. The degree of morphofunctional maturity of the body determines the content of the daily routine and the duration of its main elements, among which are the following:

- dream;
- stay in the open air (walks);
- educational and educational activities;
- gaming activities and activities of their own choice (reading, music, drawing and other creative activities, sports);
- self-service, family assistance;
- meals;
- personal hygiene.

**Results:** Sleep provides a complete functional recovery of all body systems. The physiological need for sleep in children of different ages depends on the characteristics of their nervous system and health status. In the preschool period, both night and daytime sleep are mandatory, regardless of whether the child attends a preschool educational institution (PEI), a short stay group or not. Moreover, at the initial stage of schooling in conditions of increased mental and physical stress, it is also necessary to organize daytime sleep for first-graders, which is a factor

that ensures normal adaptation to the educational process. A full night's sleep is important for both preschoolers and schoolchildren, since it is known that it is during this period that information is transferred from short-term (operational) memory to long-term memory, which is a necessary condition for the implementation of educational activities and mental development. Bedtime is recommended between 20:30 and 22:30 depending on age and class of study.

Staying outdoors (walking) is the most effective type of recreation due to increased blood oxygenation, replenishment of ultraviolet deficiency, which allows for the hardening of the body and an increase in physical activity. Walks are especially important for preschool children: in winter, at least 4-4.5 hours, and in summer, if possible, all day. The walk is not carried out at an air temperature below  $-15^{\circ}\text{C}$  and a wind speed of more than  $15\text{ m/s}$  for children under 4 years old, and for children 5-7 years old at an air temperature below  $-20^{\circ}\text{C}$ , a wind speed of more than  $15\text{ m/s}$  (for an average stripes). Staying in the air for a student is desirable to be divided into several parts: before preparing lessons, after them and before going to bed. The total duration of active outdoor recreation varies by age group: in the junior school - 3-3.5 hours, on average - 2.5-3 hours, in the senior - 2-2.5 hours.

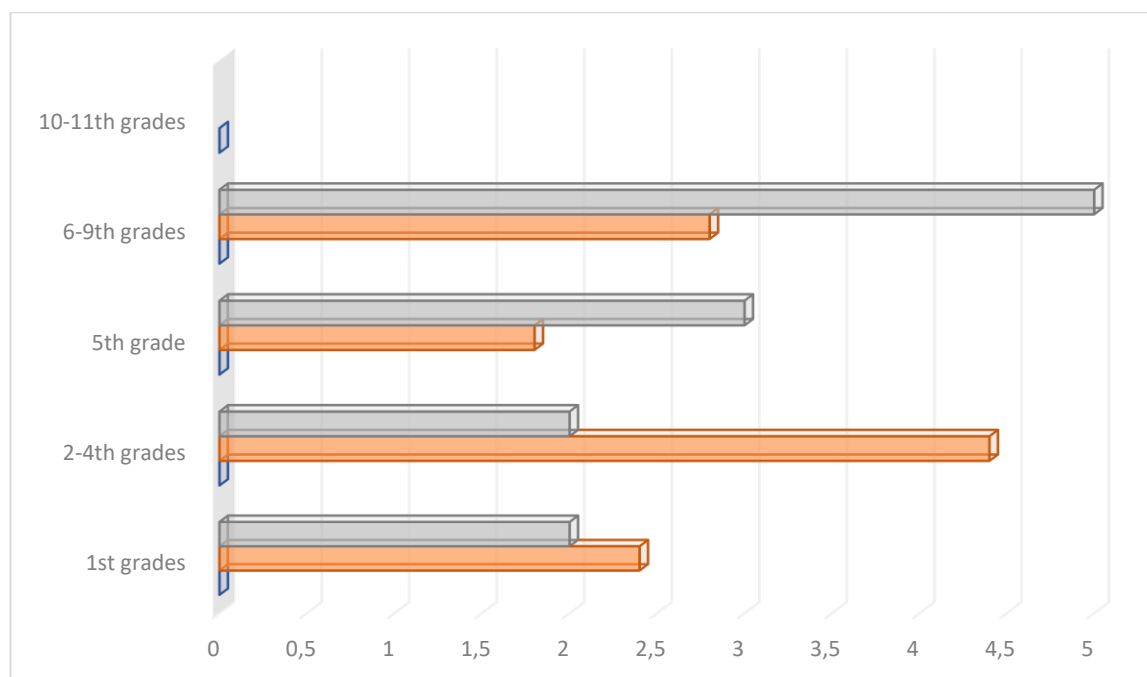
When building a rational training regimen, the biorhythms of the functioning of the child's body should be taken into account. In most healthy children, the greatest excitability of the cerebral cortex and performance are determined in the morning - from 8:00 to 12:00 and in the evening - from 16:00 to 18:00.

The training and education programs in the preschool educational institution provide for developmental classes. In the younger group, the duration of the lessons is 10-15 minutes (10 lessons per week), in the middle group (4-5 years old) - 20 minutes (10 lessons per week), in the older group (5-6 years old) - two lessons per day. a day for 20-25 minutes with a break of 10 minutes. In the preparatory group (6-7 years old) - 3 lessons per day are held for 25-30 minutes, acquiring the character of training. The duration and frequency of classes during the day and week for children who do not attend a preschool educational institution should correspond to the recommended one, as well as for children in organized groups. Hygiene studies have shown that classes in the development of speech, literacy, mathematics, familiarization with the outside world are more tiring than modeling, drawing, and design. Physical education and music (dynamic exercises) reduce or relieve fatigue.

Currently, there is a wide range of additional educational services for preschoolers. Hygienists recommend conducting additional education classes for children of the 4th year of life no more than once a week, lasting no more than 15 minutes; for children 5-6 years of age - no more than 2 times a week and no more than 25 minutes; for children of the 7th year of life - no more than 3 times a week, lasting no more than 30 minutes. It is unacceptable to conduct these classes due to the time of walks and sleep.

In accordance with the periods of rise and fall of activity, the schoolchildren's training regime should also be built. The main components of the regime should be school activities, which are regulated by the curriculum, and homework to prepare for lessons. Currently, the sanitary rules establish the following maximum load on schoolchildren with a 5-day school week: 1st grades - 20 hours, 2-4th grades - 22 hours, 5th grade - 28 hours, 6-9th grades - 29-32 hours, 10-11th grades - 33 hours; with a 6-day school week, the load can be increased: 2-4th grades - 25 hours,

5th grade - 31 hours, 6-9th grades - 32-35 hours, 10-11th grades - 36 hours (Grades 1 are engaged only in a 5-day school week) .



However, various studies (the Institute of The scheduling of lessons should be carried out not only based on the capabilities of the pedagogical support of a particular educational institution, but also on the total teaching load, daily and weekly performance of students, taking into account the so-called physiological cost of each lesson, the ratio of lessons with static and dynamic activities. Any increase in the study load (for example, the additional introduction of computer science and a foreign language) changes the parameters of the out-of-school regime for the worse, thereby increasing the daily fatigue of schoolchildren and reducing their adaptive capabilities.

Educational activities include the preparation of homework by schoolchildren. It is advisable to start their implementation after one and a half to two hours of rest in the open air. The sanitary rules recommend the following duration of homework: in grade 1 (from the 2nd half) - up to 1 hour, in grade 2 - up to 1.5 hours, in grades 3-4 - up to 2 hours, in grades 5-6 classes - up to 2.5 hours, in the 7th grade - up to 3 hours, in the 8th-11th grades - up to 4 hours

When determining the volume of homework, teachers, unfortunately, do not always take into account the possibility of completing them within the allocated time. It is advisable to start preparing lessons at the same time and keep the same mode of study as in school, i.e. take short rest breaks every 45 minutes. It is also important to note the rational alternation of activity, which implies the replacement of one of its types by another fundamentally different in the nature of the impact on the body. In this case, each new regime moment turns into a kind of rest.

Playing activities and recreation of one's own choice contribute to the formation of positive emotions in children, individual inclinations and the development of creative abilities. It is imperative to give the child time for free activities of his own choice (reading literature, playing music, drawing, sports, social work).

The play activities of preschoolers are given time in the morning before breakfast, during walks in the first and second half of the day, after daytime sleep and in the evening before bedtime. Games should be varied, individual and group, role-playing, didactic, mobile. So, didactic games are similar to training sessions, they are characterized by low mobility, they provide emotional coloring of wakefulness. Outdoor games, especially in the open air, help to strengthen the body, increase its endurance, and improve movements. Every day, students can spend their free time in accordance with their interests, doing what they love. Such a vacation gives pleasure, causes positive emotions, relieves psychological stress. It must be remembered that watching TV and working on a computer create conditions for a significant load on the visual analyzer. Children should be educated in the habit of taking breaks from working on the computer: every 15-20 minutes for younger students and 20-25 minutes for older students. The total time spent watching television and working at a computer should not exceed 1.5 hours for elementary school students and 2 hours for middle school students. The student can engage in hobby groups and sports sections in his free time (however, participation in more than two circles is not recommended), for younger students it should be 1-1.5 hours, for middle and senior students - 1.5-2.5 hours .

**Conclusion.** Time for self-service, family assistance should also be allocated in the daily routine. Preschool children can perform simple self-service duties, help in cleaning dishes and rooms (no more than 15 minutes a day). Both at home and at school, students can and should provide all possible assistance in cleaning the premises, cleaning dishes, watering plants, caring for younger children, etc. Self-service training and involvement in socially useful work must begin from the first years of being at school. It is strictly forbidden to involve children in work involving a risk to life, unsafe in epidemiological terms (cleaning toilets) and exceeding the physical capabilities of the child's body. The duration of such work for students in grades 1-4 should be no more than 30 minutes, for grades 5-8 - 40 minutes, for grades 9-11 - 1.5 hours. Students may be admitted to all types of labor only on the basis of their state of health.

Meals and personal hygiene are essential components of the regimen for children of any age. The concept of a diet includes strict observance of the time of meals and the intervals between them, the physiologically rational frequency of meals, the correct distribution of the quantity and quality of food by meals. If the intervals between meals are not observed, normal gastric secretion is disturbed, appetite decreases. Preschoolers and schoolchildren without deviations in the state of health should eat 4-5 times a day with an interval of 3.5-4 hours. In addition to breakfast and dinner at home, students in extended day groups should be provided with 2 meals a day, and in full-time schools - 3 meals a day. The child should have dinner 1-1.5 hours before bedtime, and just before bedtime it is useful to offer him a glass of milk or kefir.

Many modern schools have extended day groups. Hygienic requirements for the organization of the daily routine of children attending these groups are the same. After school, children have lunch, go for a walk, the duration of which should be at least 2 hours for primary school students and at least 1.5 hours for middle school students. Self-study (homework) should begin no earlier than 16:00. For first-graders, an afternoon passive rest (sleep) for 1-1.5 hours is desirable.

During the holidays and weekends, you should increase the time you spend outdoors, where you can organize outdoor games, sports, competitions, excursions, hikes, and devote more time to students' creative activities. It is important to focus the attention of parents on this, since

even during the holidays, children are dominated by static activities (watching TV, studying at the computer).

Compliance with a rational daily regimen by children and adolescents helps to strengthen and improve their health, as well as increase the effectiveness of educational and educational activities.

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