

## CULTURAL AND HYGIENE OF PRESCHOOL CHILDREN FORMATION OF QUALIFICATIONS

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**Annotation:** This article will talk about hygienic conditions of children of preschool age. The personal hygiene of preschool children should be explained by loved ones without their parents' help. If a child learns the rules of personal hygiene from a young age when he is older, he will follow the rules of hygiene in front of his peers and in public places.

**Keywords:** Hygiene, health, pedagogical impact, hygienic education, didactic game.

The development of cultural and hygienic skills and abilities is one of the main tasks of the formation of a healthy lifestyle for preschoolers. In the formation of cultural and hygienic skills from the first days of life, it is not only the study of rules and norms, but also a very large process of socialization, the child's introduction to the adult world. This process cannot be started later, it will be optimal for the formation of cultural and hygienic qualifications in early and preschool childhood. Later, other functions and qualities based on them were developed.

The development of self-sufficiency and cultural behavior among preschool children is one of the tasks of adaptation to success in society and protection of their health. The successful formation of cultural and hygienic skills is solved by the following tasks: development of cultural hygienic skills and skills to improve self-service skills; encouragement of children to become independent; Providing a developing environment of the subject with a complex of educational and didactic assistance for the education of cultural and hygienic skills in preschool children; improving the pedagogical skills of parents in the education of Hygiene and self-care skills in preschool children. In the process of daily work with children, it is necessary to strive to ensure that compliance with the rules of personal hygiene remains natural for them and hygienic skills are improved. Skills are the ability of a child to perform certain actions based on the knowledge he has gained. Ability is an automated action formed by multiple repetitions and exercises. The normalization of the habit is achieved by regular repetition under certain identical or similar conditions. Unlike skills, it does not provide the ability to perform normal behavior, but the reality of its implementation. A skill that has become an obligation is a habit. Habits acquired by children, have been going on for a long time, and the wisdom of the people, like the second type, is spinning. The habits adopted will be essentialist and difficult to retrain. The principles of the formation of cultural and hygienic qualifications include: system approach; regularity and continuity; the nature of the development of learning taking into account the age and individual characteristics of the child; the integrity of the approach of teachers and parents to the formation of cultural and hygienic qualifications. The formation of habits and skills is carried out under the direct pedagogical influence of adults and the entire environment. The strength, flexibility of skills and habits depends on a number of factors: conditions, the timely execution of this work, the emotional attitude of the child to the actions performed, the regular implementation of children in certain actions. New responsibilities of children in preschool institutions, new things, children's news special attention is paid to the formation of new skills, habits that should occupy their species. At the same time, children do not only what they want, but also what they need, overcoming difficulties of different natures. Cultural-hygiene skills and habits are usually in preschool age form. The most hygienic skills are formed in children of early age and preschool age. In the future, the acquired skills must be combined and expanded. To more successfully formulate and strengthen hygiene skills in the preschool age period, it is possible to recommend pictures, symbols on various topics using special collections for hygienic education in kindergarten. All information about hygiene is given to children in the process of various activities and Recreation. For an effective hygienic

education of preschool children, adult behavior is very important. We must always remember that children of this age are very careful and prone to imitation, so the teacher should be an example for them. In the process of daily work with children, it is necessary to strive so that it becomes natural to bring the rules of personal hygiene to life, and their hygiene skills are always improved with age. At the beginning, children are taught to follow the Basic Rules: washing their hands before eating, washing their hands after using the toilet, playing, walking, etc.k.

In order to form cultural and hygienic skills, when evaluating individual events, it is necessary to develop general criteria, clearly define the order of things, toys, their cleaning and storage. It is about the conditions, purpose and place of anything that is required during the day for the little ones. For example, in the washing room there should be enough solutions of the required size, each of which has soap. Towels should be placed according to children's growth; this will increase children's interest in washing.

Hygienic education and education are inextricably linked with the strengthening of cultural behavior. In the process of learning self-service skills when working with preschool children, educators use didactic games.

**Conclusion:**The importance of the formation of hygiene skills in preschool children is of fantastic importance for their overall development and health. With the interventions and methodologies examined during this study, it was observed that children can learn important skills such as having their own personal hygiene, including proper hand washing, regular teeth cleaning, and practicing the rules of personal cleanliness.

Personal hygiene skills should be formulated individually for each child, since an approach is necessary that is appropriate for their age, culture and personal needs. Parents and caregivers can support this process as follows:

1. Continuous demonstration of hygiene practices by showing a positive pattern.
2. Support gaming and interactive activities, making learning hygienic skills fun and playful.
3. Melting hygiene products for children to stimulate progress and promote independent movement.

Our study shows that hygiene skills not only improve individual health, but also help children develop a sense of public hygiene, providing a foundation for future general public health. Efforts to form the hygiene skills of preschool children enrich not only the personal development of children, but also their understanding in the field of health, while facilitating their transition to the educational system and contributing to the increase in health standards in the general society.

When writing a summary, you need to summarize the main results, list the observed problems and their solutions, and also add recommendations that can be applied in the future. When writing a summary, it is important to give the reader a complete and correct understanding, summarize the main points of research and create a basis for future reasoning.

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