

## CHILDREN AND TEENAGERS HYGIENE

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**Abstarct:** *In this article discusses about children and teenagers hygiene and its importance of their life. In the article gives some useful and important information about hygiene*

**Keywords:** *Hygiene, teenagers, children, infancy, adolescents, protection.*

**Аннотация:** *В этой статье обсуждается гигиена детей и подростков и ее важность для их жизни. В статье дана полезная и важная информация о гигиене.*

**Ключевые слова:** *Гигиена, подростки, дети, младенчество, подростки, защита.*

Hygiene of children and teenagers is a field of hygiene; from infancy to 17-18 issues of maintaining and strengthening the health of children and adolescents deals with Living conditions, education and work are the perfection of the growing organism to study how it affects the health and well-being of the younger generation. Hygiene that promotes healthy growth and development. The development of child and teenagers hygiene is a task. His recommendations are personal, that is, it may apply to each individual child and to a particular group of children.

Children and Teenagers hygiene is influenced by environmental factors in the child's body, his life activities, studies the impact on education, the harmonious development of the younger generation, both physically and spiritually develops measures necessary for harmonious development. Research and protection of children's and adolescents' health. Biological and social factors for this, the impact of

environmental and general developmental laws on children and adolescents study is required. While determining the causes of diseases of any age identification and implementation of disease prevention measures. Regular check-ups of the current generation (from medical examinations) their physical development through the use of anthropometric methods determined.

Children should become accustomed to the rules of personal hygiene from a very young age. Basic physiological in the child processes - sleep, wakefulness, timely change of feeding (breastfeeding) is of great importance in the first age of the child. Eating (breastfeeding) at certain times each day, sleep and city k. It has a positive effect on the growth and development of the child, especially the nervous system. Breastfeeding should be done at regular intervals (every 3 to 3.5 hours). A young boy to create the conditions for him to always fall asleep at a certain time and wake up at a certain time, to keep him calm while he is asleep, and to affect his sight and hearing in various ways when he is awake. (adult speech, drawing children's attention to colorful, resonant toys), body change of position (temporary detention of the child or putting him to bed on his stomach) need The younger the child, the more the body needs rest and sleep. It should be played in the open air (even in winter) for at least 2 hours every day. Then the blood Oxygen is metabolized in the body.

Hygiene of children and teenagers. In this case, the performance depends on the health of children It is important to prescribe and increase slowly and take measures to prevent fatigue is the issue. Based on this, the age of kindergarten, school and school age children the next agenda will be introduced. Taking into account the characteristics of the growing organism. In this case, the schedule of students varies depending on their age. The time allotted for homework is 1-1.5 hours for 1st graders and 3-4 hours for 1st graders 1.5-2 hours for students, 2 hours for students in grades 5-6, and 7-8 hours for students in grades 7-8 2.5-3 hours, for students in grades 9-10 it should be 3-4 hours. When the child is preparing for class every 40-45 min after 10-15 min. need to rest.

Children do not get tired of preparing lessons. It is a good result for them to engage in various games, sports and useful work after training will give.

Environmental hygiene. Children and teenagers are involved in this part of child and adolescent hygiene to take into account hygiene measures in the design and construction of institutions, including their population construction of living quarters, light and warm rooms, sanitary facilities construction, provision of fresh air, drinking water and equipment for children need Nutritional hygiene of children and adolescents. The importance of food, in children's institutions (orphanages, sanatoriums, organized trips and walks) nutrition patterns are studied and energy consumption norms are developed during growth. Feeding children nutritious, tasty and varied food, protein, fat, carbohydrates, vitamins, minerals salts should be sufficient. Proper nutrition increases a child's resistance to various diseases, mental, physical and work ability. Preschool education Children of school age and school age should be fed in 4-4.5 hours. Breakfast daily protein-rich vegetables, rice-cooked foods, which provide about 25% of calories, lunch 35-40% of daily calories, dinner about 20-25% of daily calories and some light dairy, vegetable and cereal dishes. Medical care for children and adolescents. In this part of the hygiene of children and adolescents scientific development of health care and anti-epidemic to take action. Weakened, weak (rheumatism, tonsillitis, tuberculosis children with intoxication), as well as children recovering from the disease a separate procedure is established in the presence of a polyclinic or school doctor; such diseases to continue the education and recovery of nervous children special conditions will be created for (sanatorium schools, etc.). In such institutions along with reading, physical therapy, physiotherapy, special diet, more than fresh air Therapies such as enjoyment are used. Properly organized from an early age It is important to teach the system of physical education and training. The first of his life enjoy fresh air along with massage and exercise during the months, and then later wiping the body with a wet towel, bathing, showering older children or Bathing with water increases the child's resistance to disease and is energetic does. These measures should be taken regularly and only after consultation with a physician should be done. All hygiene criteria in children's and adolescent institutions and Compliance with the recommendations is monitored by sanitary doctors in the sanitary-epidemiological stations of urban and rural areas.

In my conclusion, I'm going to say that everyone should constantly advise their children or relatives to follow the rules of hygiene. By following hygiene, we live a healthy and happy life

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