

On the Health of Preschool Children

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Abstract

Forming a culture of health and establishing a healthy lifestyle in school-age children is one of the urgent issues of today. A healthy lifestyle leads to a healthy child being born and growing up.

Keywords: *Children's health, health culture, disease resistance, developmentally delayed children, forming a health culture.*

Introduction

It is widely acknowledged that our nation holds a profound love for children. Envisioning the future without children is unimaginable. Therefore, nurturing high spirituality and a sense of humanity in children becomes the shared responsibility of educators and parents alike.

In an age of remarkable scientific and technological progress, humanity has achieved significant milestones, including the treatment and prevention of numerous diseases. However, exceptions persist. Over the last decade, an increase in children born with various defects has been observed, attributed to diverse factors. Additionally, UN data indicate that approximately 450 million children face psychological and physical developmental delays, accounting for one-tenth of the global population. These health challenges encompass hearing impairments, speech defects, intellectual developmental disorders, psychological delays, and musculoskeletal problems.

Children with health challenges may demonstrate abilities comparable to their peers but often lack equal opportunities to assess, develop, and fully utilize their potential. Research shows that emotionally charged states frequently arise in the psychology of developmentally delayed children, including:

- An acute sense of communication deficiency with peers and loved ones;
- Difficulty accepting their physical self due to illness progression or disfiguring treatment methods (e.g., weight gain, hair loss, accelerated growth caused by treatment, which may lead to resistance to medication);
- Feelings of social neglect, vulnerability, and rejection by society;

- Fears, often paradoxical, related to current or potential future conditions;
- Fear of disease recurrence;
- Loneliness, coupled with anxiety about meeting significant individuals;
- From ages 4-7, a pronounced fear of death (e.g., "Children around me are dying; I might die soon. I know this, and I am afraid of death").

An analysis of families with children facing health challenges frequently reveals unhealthy family dynamics and a lack of constructive perspectives, significantly affecting the child's psychological well-being. Such environments may lead to parents isolating their children, neglecting their interests, failing to allocate special time for them, and only addressing physiological needs, severely impacting the child's mental health. These circumstances not only have negative consequences but also instill feelings of shame, pity for being unlike peers, diminished self-confidence, insecurity about the future, and impaired communication skills. Statistical data demonstrate that children with limited opportunities represent a significant portion of the population. Families with such children must allocate special time, care, and affection to ensure their successful development as individuals.

Various approaches exist for assessing children's health. A child's health is defined by the body's balance with the environment and the absence of pathological changes. This definition highlights the child's adaptive resources. A child is deemed healthy if they can adapt to changing environmental conditions. Adaptation encompasses resistance and immunity to pathological (disease-causing) and extreme (unusual) factors. The acmeological approach, emphasizing human development as a central factor, aids in understanding a child's essence as a growing individual.

The concept of health suggests that the interaction between a person and their environment, including relationships with others, results from the body's adaptation to external conditions. Health spans every moment of human existence, encompassing the entire developmental phase. The foundation of the health concept lies in moral and educational principles. N.M. Poletaev identified health as a multifaceted issue, categorizing its components as follows:

1. **Moral-ethical component:** (Hierarchy of life values);
2. **Social component:** (Self-regulation of social roles);
3. **Personal component:** (Individual life programs);
4. **Intellectual component:** (Logical-intuitive thinking);
5. **Emotional component:** (Emotional stability);
6. **Reproductive component:** (Ability to reproduce and ensure continuity);
7. **Genetic component:** (Health of the family lineage);
8. **Physical component:** (Somatic health, enabling adaptation to living conditions).

In conclusion, it can be asserted that without properly and fully cultivating a health culture within families, raising or nurturing a healthy child becomes a formidable challenge

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