

RECCOMENDATIONS FOR DEVELOPING OF CHILDREN

Ilmiy rahbar: NDPI chet tillar fakulteti o`qituvchisi

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Abstract: Every parents should encourage their children to learn before their born for the sake of their future. Parents are responsible for the development of their children not only mentally but also physically. It is clear that by spending time with the children, playing various games with them and reading books with them, parents can raise their children to be perfect and versatile.

Keywords: Developing , baby , parents , children, method, material.

Introduction: Have you ever wondered why parents often find teaching children at home difficult and boring? Besides of it some parents are not directly involved in their children's development. In my opinion , the reason for this is that , they rely on the kindergarten nurses , some gadgets, masters and teachers rather than teaching themselves. It is an exaggeration to say that there are hundreds of methods, rules, tips and tricks for developing baby . We present some of them for you .

Materials and Methods:

1. Black and white cards for babies.

Babies see only black and white up to 4 months. He cannot see beyond 20-30 cm. It is useful for the optic nerves.

At this time, children like to watch TV, phones, and tablets. Because there is light. But it is impossible. The pupils of eyes are not yet in place at this time. Black and white books for babies contribute to develop their optic nerves, encourage cognitive development, and so they will gradually learn about the world around them, without feeling over-stimulated. “Anything with very obvious contrast – such as white and black edges and lines is an optimal stimulant for the visual system.**Scientists agree that young babies have a very limited range of colour. From birth their vision is limited to black, white and possibly shades of grey, then from 3-4 months they start to develop their colour vision, starting with red.**[1]

2. Cloth(soft)book:

Soft books are typically made of fabric, although they can also be made of soft plastic and used everywhere not only in the dry places but also it is possible to use it in the bath. They may also have an auditory component, such as cellophane sheets, to provide an interesting crinkly sound. So when we should start reading soft books with

our baby? This is the best time reading together when babies are as young as 4 months old increases the chances that parents continue reading to babies as they get older. It helps baby to develop their communication skills. Babies will also want to explore books through their senses by grabbing and chewing on the book. They may not pay attention to the whole story, so take a break when they get bored (looking away, arching back, closing eyes, crying). Offer short, simple stories with colorful illustrations—board books are perfect.[2] There is some tips and tricks for introducing books to babies: Babies love books that stimulate their developing senses. Books that they can feel, with a range of textures – rough and smooth – are ideal. - When reading with your baby, point out key images, like “car” and “house”. The more that you talk and read to them, the quicker they will learn to speak.[3]

3. Puppet theater:

Puppet theatres are made for children to utilize as a form of play and storytelling. They are often simple, mini-theatres made out of cardboards, clothes, or other materials. Puppet theatres offer a unique and exciting way for children to engage in imaginative role play. Puppets offer children an opportunity for role-playing that allows them to explore new personalities, and ideas and develop their imagination. Puppets can develop children's communication, critical thinking, problem solving and social skills by providing structured opportunities to interact. Puppet theatres help to develop children's creativity and imagination, as they are able to create their own storylines and performances. They also help babies learn how to express themselves in more creative ways, which can be beneficial in other areas of their lives.

4. BLW (Baby led weaning) method:

With BLW, babies are allowed to grasp foods and bring them to their mouths at their own pace, with little influence from parents. They may also have a better opportunity to stop eating when full compared to spoon-fed infants, who may be at a higher risk of being consciously or subconsciously overfed. Baby-led weaning is an approach to feeding that starts when babies are around six months old. Instead of being spoon-fed by adults, babies are allowed to explore food for themselves and feed themselves using their own hands. The baby-led weaning approach has several benefits. It helps babies develop their fine motor skills and allows them to eat at their own pace and control how much they eat. In addition, baby-led weaning can help to reduce the risk of obesity and other eating disorders in later life. There is evidence to suggest that baby-led weaning also helps to promote a healthy attitude towards food, as babies learn to appreciate a variety of tastes and textures. If you are considering starting baby-led weaning, it is important to talk to your healthcare professional first to ensure that it is the right approach for your family. When babies can feed themselves, they develop a sense of control and mastery over their bodies. This can help to boost

self-confidence and self-esteem. Additionally, baby-led weaning can help to reduce stress and anxiety.[4]

5. Tummy time method:

Most babies can start tummy time sessions a day or two after they are born. Babies benefit from having two or three short (3- to 5-minute) tummy time sessions each day. As your baby gets older, you can have longer, more regular sessions throughout the day. Strengthen baby's neck, shoulder, and arm muscles so the baby can start to sit up, crawl, and eventually walk on their own. Improve baby's ability to move and control their muscles to complete various actions (sometimes called "motor skills") Prevent flat spots on the back of baby's head.[5]

RESULTS AND DISCUSSIONS:

For the time being many parents instead of spending time with their children, put their phones in their hands to keep them busy. Basically, giving children useful toys that are very significant for them, separating them from social networks plays an important role in the development of children. Modern technologies such as telephones and televisions have a negative impact on children's development and their health. If spending time with the screen is detrimental for the child, what exactly is the harm? Here are a few reasons (especially for those under 18 months):

I bring these for information, not to offend and accuse you of being a "bad mother". I think too long to talk about such things, mothers. But I thought I should speak up.

1. It has a bad effect on his developing brain and mental development. Difficulty concentrating, memory loss, etc. are observed. The ability to solve problems (problem solving) does not grow. Don't tell me what a problem this little boy would have to solve, I'll tell you. Even if a chair gets out of his way while crawling and he goes under/around it, the child is using his brain to solve the problem. What problem does sitting on the phone solve? How does the brain work? He sat down and accepted the prepared thing.

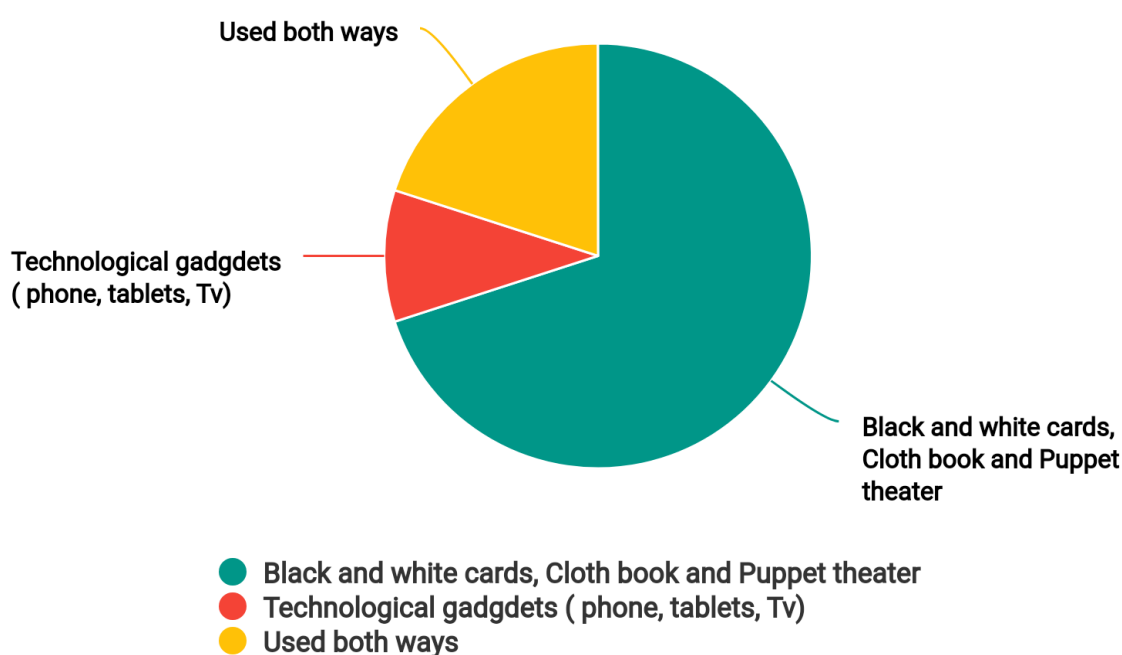
2. Language delay. The more time you spend on the phone, the less time you spend talking with others, observing/exploring your surroundings. It pushes back talking.

3. As the child sits on the screen, the production of melatonin (sleep hormone) is disturbed. He will not sleep well. Sleep is important for the health of the child as well as for the mother.

4. Nothing develops while watching the phone! When squatting, muscles become stronger, hand-foot coordination is formed. He develops his fine motor skills by playing with the toy. If you read a book, it is very useful. How about sitting on the phone? What is the boy getting?

5. Tendency to obesity increases. We have the idea that "a fat child is a healthy child" ? Unfortunately, everyone thinks a lot about making their child fat. Maybe we should think more about making it healthy. Not fat but fit, kid. I know how much your conscience hurts when you give the phone, and what goes through your heart when you put the child in a stroller/playpen/bouncer. I've been there. None of these can label us as "bad mothers". But we can be even better mothers and raise them to the extent that they will not regret tomorrow and will only be proud of their work. To the best of your ability, invest as much time, energy, investment in the child as possible.

Materials for developing of children



The results of the survey concluded that the pie chart illustrate the proportion of three types of materials which are more beneficial for mental and physical development of children . Overwhelmingly, black and white cards, soft books and puppet theater were the most popular choice and have good impact for advancing of babies.

CONCLUSION: The above methods are effective in development of children quickly and easily. If these methods are used effectively at the right time, the parents teaching their children will achieve their goal. For this, it is necessary to take a serious approach and study diligently. By implementing these recommendations, parents and caregivers can actively contribute to the holistic development of children.

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