

**PRESCHOOL EDUCATIONAL ORGANIZATION FORMATION OF
CHILDREN'S ADAPTATION SKILLS**

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Abstract

This article covers the adaptation of children to preschool education in the organization and the formation of skills.

Keywords: adaptation, preschool educational organization, family, educator.

For us, the spirituality, knowledge, health of our children is the most important issue. Therefore, much attention is paid by the state to preschool education, and this is still the beginning. Your task is to capture the light in the eyes of the children and give them a good upbringing, said Shavkat Mirziyoyev.

In our opinion, the psychological adaptation of children in a family kindergarten directly depends on the development of communication skills, the ability to self-service, the skills of interacting with peers, the totality (positive) of all changes in the body and psyche. or negative). Thus, adaptation is the adaptation of the body to a new environment, and for a child, even a family kindergarten is a new space, a new human environment and a new new family and relationships. It includes a wide range of individual reactions, the nature of which depends on the personal characteristics of the child, on the conditions of development. When toys are used and children are included in joint activities, the adaptation process becomes easier. In interaction, the child discovers for himself how to build relationships with the teacher and peers. Adaptation in kindergarten is an active process and leads to positive (adaptation, that is, the sum of all useful changes in the body and mind) or negative (stress) results. Thus, the results of the verification experiment showed that 40% of the children examined were not well adapted to the family kindergarten, since they do not have strong independence skills and abilities, they show a negative emotional state in various activities. Due to the low level of adaptation, these children react negatively to peers and emotionally react to all household processes in kindergarten. The purpose of the formation stage: the creation of favorable psychological and pedagogical conditions for adaptation. In order to create these psychological and pedagogical conditions for adaptation, an emotionally favorable atmosphere of warmth, comfort and kindness is created in the space that surrounds children.

Difficulties that arise in children during the adaptation period can lead to its most unfavorable form - dysadaptation, which is manifested in a violation of discipline, play and learning activities, relationships with peers and teachers. Recently, an increase in the age limit from 1.5 to 3 years in order to start attending a preschool educational institution, on the one hand, an increase in the educational load, on the other hand, creates the problem of getting used to the conditions of a preschool educational institution. kindergarten is especially relevant for a young

preschool child. In the process of adaptation, all systems of the body are involved. In particular, the protective forces of the body are also reduced - this can lead to a child's illness. Analysis of the disease shows that the highest indicator falls on the first month of admission to a preschool educational institution, that is, on the period of adaptation.

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