

NEWBORN BABIES CARE AND INITIAL PREVENTIVE MEASURES.

Toshkent tibbiyot akademiyasi 2- son davolash fakulteti 3-bosqich talabasi
Isaqova Shirina

Annotation: *care of newborns, early detection and prevention of diseases that appear in them.*

Key words: *prevention, anemia, causes, skin, hygienic rules, sleep, sunbathing, rickets, water temperature, linolin.*

It is necessary for the health of our youth, which will be the foundation for the whole world, for the future, for them to grow up in good conditions, to become mature individuals. After all, youth is a great force. Therefore, we should not be indifferent to their health.

Nowadays, to become weaker all over the world with hereditary diseases babies coming to the world. The number of is increasing more and more. This is the reason for the future generation to become weaker.

"Mother and child" scientific centers were established by representatives of the medical field in order to solve such problems. In addition, requirements were set for young brides and grooms who want to start a family to undergo a medical examination before the wedding. Future mothers always give birth to their children under the supervision of doctors and their qualified recommendations. All these are efforts made for the health of the future generation.

The baby that comes into the world begins to live an independent life by separating from the mother's body. The process of adapting to external environmental factors begins. There are rules that our young mothers should follow at such times. The first and most important of these rules is "Children's and teenagers' hygiene". Of course, the main cause of every disease is caused by non-observance of personal hygiene rules. Therefore, it is necessary to observe the following hygiene rules in child care.

1 Children should be accustomed to the rules of personal hygiene from a very young age. In children, the basic physiological processes: sleep, wakefulness, eating (sucking) on time are very important, especially in the first year of the child.

Sleeping, sleeping, waking up at certain hours every day has a good effect on the child's growth and development, especially on the nervous system. It is necessary to follow the procedure of breastfeeding the child at a certain time (every 3-3.5 hours). The reason for this is that in a newborn baby, the process of orgone differentiation takes place, which causes the need for energy of the orgone system to increase. As much as possible, the child should be fed with mother's milk until the child turns 2 years old.

Breast milk contains the following substances:

Carbohydrates are in large enough They milk special substances lactose which to normal digestion of phosphorus. It contains vitamins, mineral salts contains fill the needs of the growing and developing organism provides milk Also contains calcium and phosphorus trace elements zinc for mother milk milk fed with the child has less of rickets disease than other enough mother milk contains zinc, cobalt, iron substances enough. Therefore, for mother milk to nutrition anemia disease to prevent will help .

In addition as doctor instructions as supplement foods as children porridge child 3 from month according to weight, General condition and need for breast milk recommended .

It should also be noted that after the first small chill time of babies, it is recommended to give the baby 2-3 drops of boiling water. This will help to satisfy the baby's need for water and help the baby develop well.

It is also recommended to give apple puree and banana porridge as additional foods. In addition, it is recommended to give 6-month-old babies water and potatoes in the form of porridge.

It is recommended to create comfortable conditions for babies to sleep on time and wake up on time. It is strictly forbidden to disturb sleeping babies and caress them. Because it affects the psyche of the child and causes him to be capricious and the sleep cycle incomplete. When the child is awake, it is necessary to see him, influence the auditory analyzers, i.e. talk to the child, show different colored toys.

New born babies need older hours sleep rest a day , 9-8 time, 13 years old demand level years older hours, 9-8 years old, 13 years old 12 years older 15 9-8, 13 years old 12 years older children 9-8 hours, 13 years old 18 years old teenagers years old depending on the demand level of children older time 9-8 hours , 18 years old older It is recommended to sleep 7 hours .

2 Training light : training in water, sun light .

training in water - bathing children and babies in water is important hygienic treatment .

The first hygienic bath for the child is done 1-2 days after the umbilical cord remains and the umbilical wound heals. A child should be bathed daily up to 6 months, every other day from 6 months to 12 months, 2 times a week at 2-3 years old, once a week from 4-5 years old.

When bathing a child under six months, the water temperature should be 36-36.5. A child is bathed for 5-7 minutes up to one year old, 8-10 minutes at 2 years old, 10-15 minutes from 3 years old. Young mothers are recommended to use baby soap during washing. Because of this, this soap contains lionilin, which is useful for children's skin. Children should be bathed 1-1.5 hours before bedtime, i.e. 1 hour after eating. Children's toiletries should be separate. washing equipment should be

cleaned in 0.5% chloramine solution, and before washing it is recommended to rinse well in water.

It is recommended to expose the child to the sun with caution. Because the child's body quickly heats up and sunstroke is possible. To exercise in the sun, it is recommended to take the child out into the sunlight from 6 to 10 in the morning and from 17 to 19 in the evening. During the rest of the time, it is impossible to take the child outside, because the sunlight at that time is harmful for the child's body. Saturation with sunlight helps to fill the child's body's need for vitamin D.

3 dress hygiene. Most of our young mothers are indifferent to children's clothes. This is very wrong. First of all, children should wear clothes made of cotton and not synthetic. Because synthetic clothes have a negative effect on the child's skin and cause sweating in the child. In addition, the clothes he wears should be suitable for the weather, the child should feel comfortable and not tired.

Mothers who follow these rules create conditions for the good development of their children.

During the implementation of the following works, it is necessary to undergo a medical examination of children and babies. Because it is necessary to know the changes in the child's development and prevent side effects.

For this reason babies when the hair comes out first dastaval should boorish accept them. He there in of the child is measured is examined, constant in all polyclinic doctor recommended control in child, height increased about information that our children should. From this abuse future foundations health in order to in all family polyclinics contagious against diseases vaccination measures in from child infancy to adulthood continue. But we should not forget this, new born our babies dastaval neurologist which and allow for vaccinations if should accept them. Those who have not been given permission are known due after inspections and permission. It is recommended that our children be under the supervision of an orthopedist. Because changes in bones require to be prevented during the development of the child.

In conclusion, the health of our future generations, their good development, prevention of various infectious diseases, hereditary diseases, and their timely treatment depend on our doctors and the child's parents. Parents who follow the doctor's recommendations before the child is 3 years old contribute to the good life and development of their child in later years.

USED LITERATURE:

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