

Annual International Scientific Conference Early Childhood Care and Education, ECCE 2016,
12-14 May 2016, Moscow, Russia

Social partnership in kindergarten and a preschooler's healthy lifestyle

Irina I. Malozemova^{a*}

Ural state pedagogical University, Kosmonavtov prospect, 26, Ekaterinburg, 620017, Russia

Abstract

The purpose of the article is to study the importance of social partnership as a factor influencing the formation of a healthy lifestyle basis in senior preschool age children. The research considers the direction and methods of preschool work with social partners on forming the foundations of a healthy lifestyle among preschool children, developing and implementing a program of joint activities. The program involves a relationship between subjects of the educational process through organizing methodological and educational work with the teaching staff and social partners, and their direct participation in fostering the basic concept of a healthy lifestyle in children in the following sequence: from the concept of "human health", to the understanding of health being dependent on the social environment, and then to the realization of a healthy lifestyle as a basis for preserving and promoting their health. This study confirmed the appropriateness of combining biological and social components in the formation of healthy lifestyle concepts in preschool children.

© 2016 The Authors. Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

Peer-review under responsibility of the organizing committee of ECCE 2016.

Keywords: health, preschool children, social partners, preschool educational institutions

* Malozemova I.I. Tel.: +7-922-610-38-86.

E-mail address: maloz.65@mail.ru

1. Introduction

The preschool educational system plays a very important role in creating favorable conditions for the formation of preschool children's health because the concern for improving a child's health is a not only a medical problem, but also an educational one. Properly organized educational work with children often has a greater effect on maintaining the optimal level of their health than all medical and hygienic measures. The relevance of the research is determined by the following contradiction between, on the one hand, the social order of society to perform educational functions related to the upbringing of an individual who treats his own health seriously and understands the value of a healthy lifestyle and the social environment's influence on human health and, on the other hand, insufficient readiness on their implementation on the part of educational organizations as well as the low level of health culture among children and adults.

The process of forming of a healthy lifestyle is closely related with the process of an individual's socialization. A child's development and socialization takes place in a particular social environment, which is an important factor in regulating his behavior. Based on this point of view on this issue, the obvious thing to do is to seek interaction between every subject in the system of preschool education through organization of a social partnership, which is regarded as a special type of joint activity characterized by "trust, shared goals and values, voluntary and long-term relationships, as well as recognition of mutual responsibility of the parties for the results of all the subjects of education"[1]. However, the methods of preschools' work with their social partners on the formation of a child's healthy lifestyle are barely discussed in the literature. The problem of preschools' search for collaboration methods with their social partners on the formation of a healthy lifestyle in preschool children remains relevant.

The aim of the study is to develop a program of interaction between preschools and its social partners for fostering a child's healthy lifestyle and to identify the effectiveness of this program.

2. Method

In my research I used a set of complementary techniques: modeling, a project method, complex diagnostics of formation of cultural-hygienic skills and the basics of a healthy lifestyle for senior preschool age children [2], a comprehensive evaluation of the development of the program "From birth to school" [3]. The methods include a survey of parents and teachers, a study of related pedagogical documentation, observation and pedagogical experiments. The study involved 40 children aged 5-6 years, 40 parents and 8 preschool teachers.

As a part of the research, preschool education is regarded not only as a strategic resource for social and economic development of society and the region, but also as "a meeting place" for social subjects, participants of social interaction.

The educational process in the control group was implemented with the use of a comprehensive program "From birth to primary school". In the experimental group work was carried out according to the program "Kindergarten interaction with the surrounding society on the formation of a healthy lifestyle" developed in the preschool and aimed at developing preschoolers' awareness of the need for a healthier lifestyle in joint work with the social partners (including the family) and is based on the preschoolers' physiological, psychological and pedagogical features. The program provides such essential aspects of cooperation with social partners as:

- Partnership, trust and mutual understanding;
- Concerted action. Social partners coordinate their stance on common rules (restrictions, requirements and prohibitions) in order to make a child's assimilation of healthy lifestyle rules inevitable;
- Self-education. Adults surrounding the child must recognize their bad habits and try to avoid them.
- Unobtrusiveness. Due to this principle, every participant should not annoy the child, but at the same time feel each other to be partners in nurturing a child's healthy lifestyle.

Download English Version:

<https://daneshyari.com/en/article/5126210>

Download Persian Version:

<https://daneshyari.com/article/5126210>

[Daneshyari.com](https://daneshyari.com)