



FEATURES OF ADAPTATION OF THE CHILD TO KINDERGARTEN

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ANNOTATION: This article describes the specific features of a child's adaptation to kindergarten. In particular, physical and psychological aspects of the child's adaptation to kindergarten, several levels of adaptation, factors and methods determining the level of adaptation were described.

KEYWORDS: Child, parent, educator, kindergarten, adaptation process, characteristics, physical and psychological characteristics, character of the child, mental maturity, physical adaptation, psychological adaptation, communication, skills, socialization, age period, health status.

Introduction. It is known that there are two aspects of a child's adaptation to kindergarten: physical and psychological, some information about which will be given below.

Adapting a child to kindergarten is an exciting moment for both parents and the child himself. Not all children easily adapt to new conditions.

The Decree of the President of the Republic of Uzbekistan "On the development strategy of New Uzbekistan for 2022-2026 set goal 39: To bring the quality of education in the system of preschool education to a new level. Implementation of an improved system of vocational training and advanced training for kindergarten workers.

Training of more than 160,000 teachers in 2022-2026 Improving the processes of preschool education based on evidence-based approaches"¹.

A child who starts going to kindergarten, that is, a place where everything is new for him (lack of close relatives, his own rules, regime), experiences certain stresses. The child needs some time to get used to unfamiliar situations. Experts divide the adaptation process into physical and psychological components.

Physical training includes:

- daily routines;
- nutrition;
- a walk in a new place.

Psychological adjustments include:

- separation from mother (and other close people);
- be in constant contact with a large number of peers;
- compliance with the new rules, the need to listen to the teacher;
- Learn to be independent.

President of the Republic of Uzbekistan Sh. Mirziyoyev: "Today, among all areas, science also

¹ Decree of the President of the Republic of Uzbekistan DP No. 60 "On the Development Strategy of New Uzbekistan for 2022-2026". January 28, 2022



requires to rise to a new level. After all, without science it is difficult to solve the current issues facing society.²

The process of adaptation to kindergarten depends on a number of factors. For example, taking into account the nature, interests, abilities and mental maturity of the child, it is necessary to prepare in advance for this new stage for both the mother and the child.

There are also a number of levels of adaptation of the child to kindergarten. Below are some comments on this.

Easy level of adaptation. (this process can take up to 1 month) usually this aspect is characteristic of physically healthy, highly mentally stable and polite children. It is easy to determine that adaptation is underway by several signs:

- the child is happy to go to kindergarten and join the group;
- communication with the teacher and other children is established well, easily and quickly;
- the child quickly finds a common language and plays with other children;
- absence of negative sensations when performing regular moments (eating, walking, playing sports, sleeping);
- the general emotional background is constantly positive.

In general, even at such a light level, negative conditions can be observed in the child's adaptation process: for example, decreased appetite, poor sleep, pain, tears, or moodiness. This can be understood as a standard situation. Because for some unpleasant circumstances, the child may be in a certain state of stress and it may take some time to overcome it.

Average level of adaptation. (this process may take 1 or 2 months) this condition is characterized by the fact that the child does not experience serious difficulties when attending kindergarten. Emotional outbursts can be situational or short-term. At the same time, there are also cases such as reduced immunity, some whims, crying, insomnia. Some of the characteristics of average adaptation in a child are as follows:

- severe separation from the mother (or other close relatives) before joining the group;
- decrease in activity, deterioration of speech and temporary loss of skills;
- after the mother leaves, the child cries for a while, do not communicate with other children and caregivers;
- however, after a certain period of time, the child's condition (tension) quickly decreases, the child begins to pay attention to toys, peers, educator, or quickly joins the general activity;
- most of the regime moments of this average adaptation do not cause difficulties.

Severe level of adaptation. (this process can last 2 or 6 months) is accompanied by frequent illnesses, whims and tantrums, a depressive state of the child during most of the time spent in kindergarten. The stress in a child can be so strong that it affects his behavior at home and in relationships with parents. Symptoms of severe adjustment include:

- the child does not want to go to the garden regularly;
- the child is afraid and does not trust the teacher;
- in the group is not distracted by games and is always in suspense;
- lack of interaction with peers;

² Speech by the President of the Republic of Uzbekistan Sh.M. Mirziyoyev on New Year's Eve - December 30, 2016, when he met with leading scientists of our country on the topic "Achievements of science - an important factor in development."



- aggressiveness towards other children.

If the child is going through the adaptation process, the mother should discuss this issue with the teacher or consult with the kindergarten psychologist. Only in this case, the joint efforts of each side will lead to success. Some children cannot adapt to kindergarten conditions at all, but this phenomenon is very rare.

Another characteristic of a child's adaptation to kindergarten are the factors that determine the level of adaptation. They are determined by the following factors:³

1. **Age period.** If the child falls asleep without the help of adults, if he eats correctly with a spoon, it will be easier for him to get used to the conditions of the kindergarten. As a rule, these skills are taught to children up to 2-3 years. Also, children of this age begin to show interest in their peers, talk and play with them. For the successful adaptation of children 4-5 years old, the ability to negotiate and cooperate with peers is formed.

2. **Health status.** Because adjustment requires a lot of effort on the part of children, the health of children with serious chronic illnesses may deteriorate during this difficult time. Children who are often ill may also have difficulty adjusting, so they require special attention and care.

3. **The process of socialization.** It is easier for children to get used to kindergarten when they have sufficient experience in communicating with adults. Children who lack communication skills become very anxious when they are in unfamiliar society. Therefore, it is very important not to limit the child's social circle and help him learn to communicate with people.

To a large extent, the adaptation of the child depends on the educator, who must interest the child and win his trust.

In the state requirements for the development of children of primary and preschool age of the Republic of Uzbekistan: "The goals and objectives of the Preschool Education Organization are:

- taking into account the individual needs of the child, based on state requirements for the development of children of primary and preschool age and in accordance with the state curriculum of the Preschool Education Organization, creating favorable conditions for its comprehensive and ideal development;

- organization and implementation of the process of education and upbringing of preschool children;

- organization and implementation of mutual cooperation between the family and the local community in matters of early childhood development"⁴.

To facilitate the process of adaptation, parents should start preparing the child for a new stage of his life in advance. You can do it in the following ways:

- observe the daily routine adopted in kindergarten (daytime sleep, meals, games, and so on);
- getting used to independence;

³ Egamberdieva N. Social pedagogy. Textbook. - T.: Publishing house of the National Library of Uzbekistan named after Alisher Navoi, 2009. - 234 p.

⁴ State requirements for the development of children of primary and preschool age of the Republic of Uzbekistan. - T.: United Nations Children's Fund (UNICEF), 2020.



- leave your child with family members or friends from time to time. Thus, let the child feel and understand that he is safe even in the absence of his mother;

- involvement of the child in communication with peers (frequent visits, walks with other children);

- talk with your child about kindergarten, tell how interesting it is;

- play kindergarten, invent fairy tales about him;

- if you know in advance which group your child will fall into, ask the teacher to meet him in neutral territory to get to know each other (for example, on the playground).

The first days of the child in kindergarten:⁵

- during the adaptation period, the child is going through a very difficult period, so it is very important that parents behave correctly, support the child and praise him even for small successes.

- the course of adaptation largely depends on how adults feel about the need to send a child to kindergarten. The mother's confidence and calmness are passed on to the child.

- do not suddenly disappear and do not deceive the child. Sometimes parents are afraid not to cope with their feelings when saying goodbye to the child, so they quickly disappear as soon as the child enters the group with indifference. Such uncertainty is very frightening for the child. When you take your child to kindergarten, do not forget to say that you are going to work now, but be sure to return to him soon. Be clear and direct (for example, "I'm on my way to work and you'll play (boys if it's a boy, girls if it's a girl). I'll pick you up after lunch").

- the time spent by the child in kindergarten should gradually increase. The caregiver supervising your child will let you know when he is ready for dinner and then for bed.

- if the caregiver agrees, give the child a small toy or something that reminds him of home.

- after returning from kindergarten, try to spend more time with your child, doing what you love.

- try to reduce the emotional burden of the child (do not visit public places of entertainment, play quiet games, and so on).

- be patient with the whims of the child, because once at home, the child may want to throw out his pent-up emotions.

Since children often get sick during the adaptation period, parents have the opportunity to stay at home with the child. The success of adaptation is significantly influenced by the attitude of parents to kindergarten, because the psychological preparation and confidence of the mother are transferred to the child. Remember that at this time the child will especially need care and support.

In conclusion, it can be noted that the adaptation of a child to kindergarten is not an easy process, but very important. It is recommended to prepare for changes in advance: it is necessary to familiarize the child with the rules of the daily routine in kindergarten, expand the social circle, and develop self-service skills. It is advisable that both educators and parents carry out their work,

⁵ Egamberdieva N. Social pedagogy. Textbook. - T.: Publishing house of the National Library of Uzbekistan named after Alisher Navoi, 2009. - 234 p.



knowing the features of the child's adaptation to kindergarten.

List of used literature:

1. Decree of the President of the Republic of Uzbekistan DP No. 60 "On the Development Strategy of New Uzbekistan for 2022-2026". January 28, 2022
2. State requirements for the development of children of primary and preschool age of the Republic of Uzbekistan. - T .: United Nations Children's Fund (UNICEF), 2020.
3. Speech by the President of the Republic of Uzbekistan Sh.M. Mirziyoyev on New Year's Eve - December 30, 2016, when he met with leading scientists of our country on the topic "Achievements of science - an important factor in development."
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