



STAGES OF CHILD GROWTH AND DEVELOPMENT

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Annotation. *This article describes in detail the stages of growth and development of children, their anatomical, physiological and psychological characteristics. Morphological and functional changes occurring in the child's body at each age period, development criteria and methods for their correct assessment are analyzed. Also, important aspects of strengthening children's health, preventing diseases and forming a healthy lifestyle are considered. The article emphasizes the role of medical supervision, proper nutrition, hygiene and psychological environment in ensuring the harmonious development of children.*

Keywords. *Child development, stages of growth, infancy, childhood, preschool age, adolescence, physiological development, psychological development, healthy lifestyle, pediatrics.*

Аннотация. *В данной статье подробно описаны этапы роста и развития детей, их анатомические, физиологические и психологические особенности. Проанализированы морфологические и функциональные изменения, происходящие в организме ребенка на каждом возрастном этапе, критерии развития и методы их правильной оценки. Также рассмотрены важные аспекты укрепления здоровья детей, профилактики заболеваний и формирования здорового образа жизни. В статье подчеркивается роль медицинского наблюдения, правильного питания, гигиены и психологической среды в обеспечении гармоничного развития детей.*



Ключевые слова: развитие ребенка, этапы роста, младенчество, детство, дошкольный возраст, подростковый возраст, физиологическое развитие, психологическое развитие, здоровый образ жизни, педиатрия.

Annotatsiya. Ushbu maqolada bolalarning o'sish va rivojlanish bosqichlari, ularning anatomik, fiziologik hamda psixologik xususiyatlari batafsil yoritilgan. Har bir yosh davrida bola organizmida yuz beradigan morfologik va funksional o'zgarishlar, rivojlanish mezonlari va ularni to'g'ri baholash usullari tahlil qilinadi. Shuningdek, bolalar salomatligini mustahkamlash, kasalliklarning oldini olish va sog'lom turmush tarzini shakllantirishning muhim jihatlari ko'rib chiqiladi. Maqolada bolalarning barkamol rivojlanishini ta'minlashda tibbiy nazorat, to'g'ri ovqatlanish, gigiyena va psixologik muhitning o'rni keltirilgan.

Калит so'zlar. *Bola rivojlanishi, o'sish bosqichlari, chaqaloqlik davri, go'daklik, maktabgacha yosh, o'smirlik davri, fiziologik rivojlanish, psixologik rivojlanish, sog'lom turmush tarzi, pediatriya.*

The growth and development of a child is one of the most important and relevant areas of pediatrics. The child's body is constantly changing from the moment of birth and undergoes a complex process of development. This process is directly dependent on hereditary factors, the external environment, nutrition, upbringing and the quality of medical care.

Although each child develops individually, there are general biological laws by which the physical and mental state of the child can be assessed. The harmonious functioning of the central nervous system, endocrine system and other vital systems plays an important role in the development process.

Studying the development of children by age is important not only for doctors, but also for parents and educators. Because at each stage the needs, abilities and behavior of the child change. Therefore, in order to properly care for and develop the child, it is necessary to have a deep understanding of his age characteristics.

The growth and development of a child consists of successive stages, each of which has its own physiological and psychological characteristics:



The period of newborn infancy (0–1 month). This period is considered the most important and responsible stage of a child's life. The baby adapts to the external environment from the mother's body. The respiratory, cardiovascular and digestive systems begin to function independently. During this period, reflexes (sucking, grasping) are well developed. The child is mainly in a state of sleep and needs frequent feeding.

Infancy (1 month - 1 year). This period is characterized by intensive growth. The child's weight increases by 2-3 times, and his height increases rapidly. Motor activity develops gradually: holding his head, sitting, crawling, standing and walking. At the same time, the sensory organs and elements of speech begin to develop. The child recognizes people around him and expresses emotional reactions.

Early childhood (1-3 years). During this period, the child strives for independence. Speech actively develops, vocabulary increases. The child learns to walk, run, perform simple movements. Elements of thinking are formed, and learning through imitation is strengthened. During this period, upbringing and environment have a great influence on the child's further development.

Preschool age (3–7 years). During this period, the child's physical, mental and social development accelerates. He understands the world through play. Imagination, memory, attention and speech are actively developing. The child learns to communicate with peers. Moral concepts begin to form.

Junior school age (7–11 years). At this stage, learning activities take a leading place. The child learns discipline, responsibility and independent thinking. Logical thinking develops, interest in knowledge increases. Physical development continues relatively stably.

Adolescence (11–18 years). This period is accompanied by complex biological and psychological changes. As a result of hormonal changes, sexual maturation begins. Height growth accelerates, secondary sexual characteristics appear. At the same time, independent thinking, awareness of one's own "I", and emotional variability increase in the teenager. Psychological support is important during this period. Factors influencing development: Heredity (genetic



characteristics), nutritional quality, social environment and upbringing, physical activity, hygiene and sanitation, medical supervision and prevention. To ensure the healthy development of a child at each stage, a balanced diet, a proper routine, sufficient sleep and a positive psychological environment are necessary. In conclusion, the stages of a child's growth and development are a complex and continuous process, and each period has its own characteristics. An in-depth study of these stages is of great importance in maintaining children's health, preventing diseases and raising them in a comprehensive manner. The healthy development of a child largely depends on the cooperation of parents, doctors and educators. By taking into account the specific needs of each age period, it is possible to ensure physical, mental and spiritual health in children. Therefore, a careful approach to child development is one of the important factors determining the future of society.

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