

A Healthy Mother and Child is the Key to a Happy Future

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Abstract

This article is about the health of the younger generation, that is, the people who are just growing up or who have just been born and raised in this country. Following the 7 essential rules of a healthy lifestyle is the main goal of this topic. In addition, the consumption of products rich in vitamins, attention to a healthy lifestyle, exercise, adherence to the rules of hygiene are the main factors of a healthy lifestyle.

Keywords: future, health, slogan, family, sports, generation, healthy lifestyle, hygiene.

It is safe to say that the motto of a healthy child is to care for the future generation, the growing generation, to be spiritually and physically healthy and grow up healthy.

The motto of a healthy mother and child should be one of the main concerns of every country, nation and people. Because the next generation is the generation that determines the future of every state, country, people, nation. They are the hope of the people, the country, the state and the nation.

In this bright world, no matter what the creature is, everyone cares for the child, even carries grain in his mouth, protects and brings him up.

The greatest, most sacred of all creatures, the child of man, devotes his whole being, if necessary, his whole life, to his happiness, to his future.

In this regard, it is unlikely that it will reach our nation - the Uzbek people. To see a child, to make him a healthy adult, to see a happy future is the best dream for our people, the highest happiness.

This is not in vain. Because the future of every family depends on what kind of child grows up in that family. The family is a small but very important part of society. So, the future of the whole country depends on the children of this country. Therefore, since the days of independence of Uzbekistan, under the leadership of President Islam Karimov, one of the priorities of state policy has been to think about the fate of the nation, the future of the country, to develop its legal framework, to create the necessary conditions. Shortly after gaining independence, on the initiative of the head of our state, the law "On the Fundamentals of State Youth Policy in the Republic of Uzbekistan" was adopted. The first order of independent Uzbekistan was named "For a Healthy Generation".

There is a saying among our people that a person who enters with milk leaves with a soul. It is not for nothing that it is as honest as breast milk. This means that breast milk is very important in the future development of the child as a human being (without denying the place and importance of upbringing).

From time immemorial, our people have taken the issue of genealogy very seriously and responsibly. During the reign of Amir Temur, a lot of work was done in this direction. Sahibkiran paid special attention to this issue: "I focused on looking for a bride in order to marry my sons, grandchildren and relatives. I saw this work as equal to government work. I inquired about the

lineage of being a bride, the seven roses. I found out about his health and physical maturity through specific people. As long as the bride is free from all imperfections in her lineage, morals, health and strength, I gave a big wedding to the people and brought the bride down.”

Six centuries later, Islam Karimov raised the issue of the nation's lineage and a healthy generation to the level of state policy. In almost every speech, the President pays attention to the issues of a healthy generation and youth. In the first years of independence, he promoted the idea that our children should be stronger, more educated, wiser and, of course, happier than us. The weight of the work done for the healthy birth, growth, education and development of our children is enormous. It is no coincidence that Uzbekistan ranks 9 th among the countries that care about the health of the younger generation in the ranking of the international organization "Save the Children" has not become.

In our country, a comprehensive approach to the issue of a healthy child, a healthy generation. In other words, in order for a healthy child to be born, great emphasis is placed on the need for the parents to be healthy first. In his speech at the solemn ceremony dedicated to the adoption of the Constitution of the Republic of Uzbekistan, President Islam Karimov said: This issue has been in the focus of attention since the first years of independence of our country. In that speech, the head of our state emphasized: “After gaining independence, we have raised the issue of raising a healthy and harmoniously developed generation, first of all, the protection of family, motherhood and childhood as our most important priority. we are

Evidence of this can be seen in the naming of the years and the development and implementation of state programs on this basis. Year of Family, Year of Women, Year of Healthy Generation, Year of Mother and Child, Year of Health, Year of Youth, Year of Harmonious Generation, Year of Healthy Child. At the heart of this is the issue of a healthy mother and a healthy child. The establishment of screening centers, perinatal centers is a vivid example of the fact that special attention is paid to the health of the mother, as well as the fetus.

According to the World Health Organization, 50-52 percent of human health depends on lifestyle, the food consumed, 20 percent on environmental impact, and 8-10 percent on the level of medical care. It turns out that consuming products rich in vitamins, paying attention to a healthy lifestyle is a key factor in living a healthy life.

Sports play an important role in the development of a child who is physically healthy, mentally active, strong-willed and determined. Therefore, special attention is paid to the development of children's sports in our country. The establishment of the Children's Sports Development Fund at the initiative of the President and the fact that the chairman of the board of trustees of this fund is the head of our state clearly shows how much attention is paid to this issue. This is the case in any country in the world, where a special fund for the development of children's sports is established and the head of state is responsible for it.

A healthy child is not just about physical or mental health, but also about the two.

Every parent should strive for their child to grow up both mentally and emotionally healthy, as well as physically fit, strong and healthy from various diseases and vices. i must.

Of course, with the rise of the slogan of a healthy child, every category in our country, every person with a specialty, on the basis of their knowledge, specialization and opinions, will be able to implement this motto, absorb it and raise a healthy child. z should try to contribute. Indeed, in order for such healthy children to be born, their parents must be both mentally and physically healthy. That is why in the teachings of our sacred religion, it is important for a man to respect his wife, to

love her, and to take care of her. Even the maintenance of the family, which is a responsible task in the household, is given to the man. And women are required to take care of their health, to give birth to a healthy generation, which is the future of the country, and to take care of their upbringing. That's why it's so important to take care of women and do them good. In one of his hadiths, the Messenger of Allah (peace and blessings of Allah be upon him) said:

"The best of you are the best of the people, and I am the best of the people".

In short, every service under the motto of a healthy mother and child is a service to the future of the whole country, the whole state, the national economy.

One more thing! The rules of a healthy lifestyle are mutually supportive, and it's impossible to have one without the other. By taking action now, we can take the first steps toward a healthier and happier life without leaving them for tomorrow.

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