

"Lesson of health" - one of methods of realization sanitary-elucidative work in children's collectives

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Resume

Children and their parents must have enough information about a health, value of mouth cavity hygiene, cleanness and culture, these knowledge served as motivation to the timely supervision upon the mouth cavity. It can be attained due to sanitary-elucidative work in child's collectives, one of basic methods of that, there is conducting lesson of "health". Attaining the improvement of stomatological health is possible at the terms of realization of primary prophylaxis of caries and upgrading of mouth cavity hygiene. The basic method of work in this direction is sanitary-elucidative activity. The widespread methodical forms of that, for children are conversation and demonstration. Their task - to bring up for them readiness to healthy habits, to form necessary hygienical abilities and skills. The optimal variant of studies of supervision upon the cavity of mouth of children conducting lesson is in the organized child's collectives, to our opinion conducting lesson of "health".

The aim of our work was realization and estimation of efficiency of lessons of hygiene for education and forming for the children of preschool and junior school age of proof abilities and skills on a supervision upon the mouth cavity. These measures we conducted in the senior groups of preschool(4-6) and 1-3 classes of junior school(6-9). Children in this age very initiative, hygienical studies for them are directed to forming of new presentations and realization of correct skills of supervision upon teeth. The lesson of health we divided into three parts:

explaining, demonstration, and practical. Employments were conducted in interactive form like theatricalized presentations in basis of plots of that were known heroes of fairy-tales and animated cartoons, and by the performers of main roles personages are students. Taking into account the age-old features of audience, duration of one lesson did not exceed 20-25 min. On the lesson were used playing receptions and situations, information was given with small amount well clear to the children terms, refreshed oneself demonstrations on models and pictures, holding competition and quizzes. All the children accepted active participation in every lesson and showed good mastering offered by us material. Efficiency of conducting lesson of hygiene was estimated after the questionnaire of children's parents, that participated in the lessons of prophylaxis(before and after their realization). Before realization of such lessons only 52% children cleaned teeth regularly, 19% irregularly, and 29% did not clean teeth in general, then after our lessons 93% of children became regularly and correctly clean the teeth! Conducted lessons of mouth cavity hygiene in obedience to our methodology woke up in children interest in a regular and timely supervision upon the mouth cavity, formed and fastened all necessary hygienical abilities and skills. These employments brought gladness to the children, pleasure and passed on a background positive emotions.

Key words: "Lesson of health". Sanitary- elucidative work. Organized child's collectives.