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## **SOCIO-PEDAGOGICAL SUPPORT DURING FORMATION OF HEALTHY LIFESTYLE AMONG PRESCHOOLERS**

Modern humanity is under constant development of personality, environment, world, but is also under the influence of various negative factors. The only way to overcome the negative impact on the body, or reducing the impact of these factors on the body is a healthy lifestyle.

Today the modern system of education has a challenge to educate a person who cares about their health and health of other people. Leading a healthy lifestyle is the formation of the young generation. [3].

The formation of a healthy lifestyle in childrens, which visit kindergartens requires competent caregivers, workers in DOE, and parents.

Present day psychologists, teachers, doctors have created many different techniques which help to maintain health. They can be classified according to some groups: they are preventive, health technology, technology aimed at providing socio-psychological well-being of preschool children, health education of children and parents.

Modern technologies that are used in the system of preschool education, reflect two lines of a health-educational work:

- initiation of children to physical culture;
- the use of educational forms of health work.

Preschooler formed adequate self-esteem, maintaining own personal space and an awareness of their own behavior, taking into account possible reactions of other people, fosters the ability to adapt to life in a new social context and to resist the negative influences of the environment and society properly to stop unpleasant communication [4, p. 26].

In the last decade, particular process is actively developed and implemented in socio-pedagogical practice, which is called socio-pedagogy support. Legal and practical aspects of the implementation of socio-pedagogical support of social workers of various categories of people prescribed in the Law of Ukraine "About social work with families, children and youth" [1, p. 76], the CMU Resolution from 24 September 2008 N 866 "Questions of activity of bodies of guardianship

and guardianship, related with protection of the rights of the child" [6, p. 47], the Regulation of psychological services of the education system of Ukraine [5, p. 128].

Socio-pedagogical support is a kind of social work, which involves the implementation of the DOE system of complex measures for long-term care to children, protection and realization of children's rights in society. This long-term support of the individual, which is aimed at creating the conditions addressing the causes of disadvantage, the formation of the ability of the individual to solve their problems, to serve, to realize their social and educational potential.

As a child continue self developing, as the world will be shaped on a healthy lifestyle depends ,at first, from the influence and example of the family at home and teachers in preschool educational institution. Preschool age is the first outline of general ideas of the child about the world, about yourself and place the child in this world.

Socio-pedagogical support is the support naturally developing reactions, states of mind. It is aimed at implementation of potential possibilities of the personality, the disclosure of individual characteristics of the child, to maintain optimally important personal qualities and correction of defects, providing the subject of educational activities independent right to make their choice and to bear for it responsibility.

Thanks to socio-pedagogical support is possible to create conditions for self-knowledge, self-development of a preschooler, which includes, if it is necessary, assistance and support to preschool children, their parents and teachers. Maintenance can prevent things like rejection and complications, to focus on preventive activities, which gives the opportunity initially to eliminate defects.

The problem of socio-pedagogical support of a child of preschool age are:

- to prevent the occurrence of various problems and difficulties in the development of the child;
- to contribute to help the child in solving important problems of development, learning, socialization: disorders of emotional-volitional sphere, educational difficulties and problems, problems of mutual relations with their parents, teachers, peers;
- development of social, psychological and pedagogical competence of parents and caregivers [2].

So, a healthy lifestyle of preschool children, at first, depends on the interaction of the educational process between family and preschool institution, between teachers and parents. So this interaction was most successful, promising and humane there is such a process as a socio-pedagogical support which is long-term a variety of assistance aimed at creating conditions forming the child's ability to be

able to solve their problems, to serve, to realize their social and educational potential.

The main essence of socio-pedagogical support is to teach the client to solve their problems and to deal with life's difficulties, not to solve these problems for him. Through socio-pedagogical support is being implemented to assist in overcoming the difficulties of socialization of the client. The accompanying interaction and support is the Foundation of working with the client. No less important is the implementation of all functions of socio-pedagogical support, as all functions are interrelated and their implementation directly affects the development of the personality of the client. During socio-pedagogical support is important to follow the steps in the process in chronological order and principles of work with the client.

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