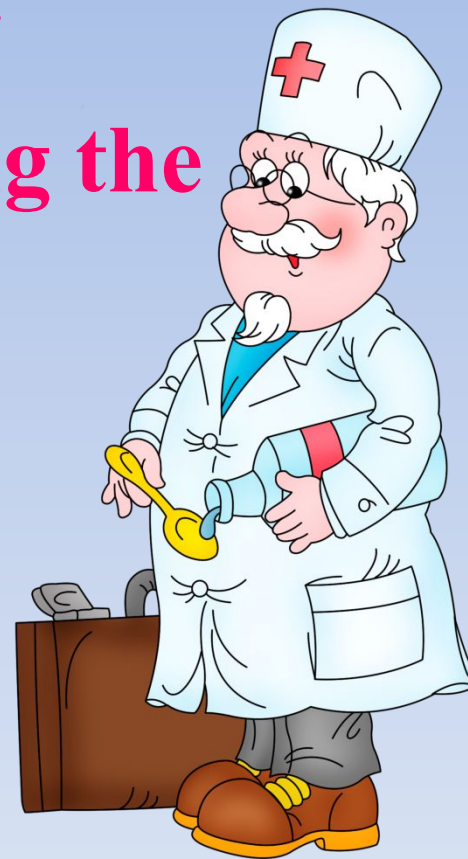


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"Hardening - a factor of strengthening and maintaining the health of children"

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Hardening

is a system of special training thermoregulatory processes of the body, including the procedure, the effect of which is aimed at increasing the body's resistance to overheating or overcooling.



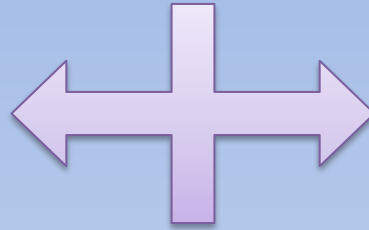
The main effects of tempering procedures:



- strengthening the nervous system,
- the development of muscles and bones,
- the improvement of the internal organs,
- metabolic activation,
- resistance to the action of pathogenic factors.

Tempering events

General



Special

- the correct mode of the day;
- balanced diet;
- physical education.

- hardening air (air bath),
- hardening with water (water treatment),
- hardening the sun (sunbathing)

Shape hardening

Hardening with water:

- Washing and other hygiene procedures;
- Wet wiping;
- pouring feet;
- Shower, general dousing;
- Swimming in the pond;
- Gargling.



Hardening the sun:

- Light and baths
- Sunbathing
- Relax in the shade



Hardening air:

- A walk in any weather in the appropriate attire
- Sleep in air
- Special air baths
- Walking barefoot
- Dry-air bath (sauna)

Basic principles of hardening

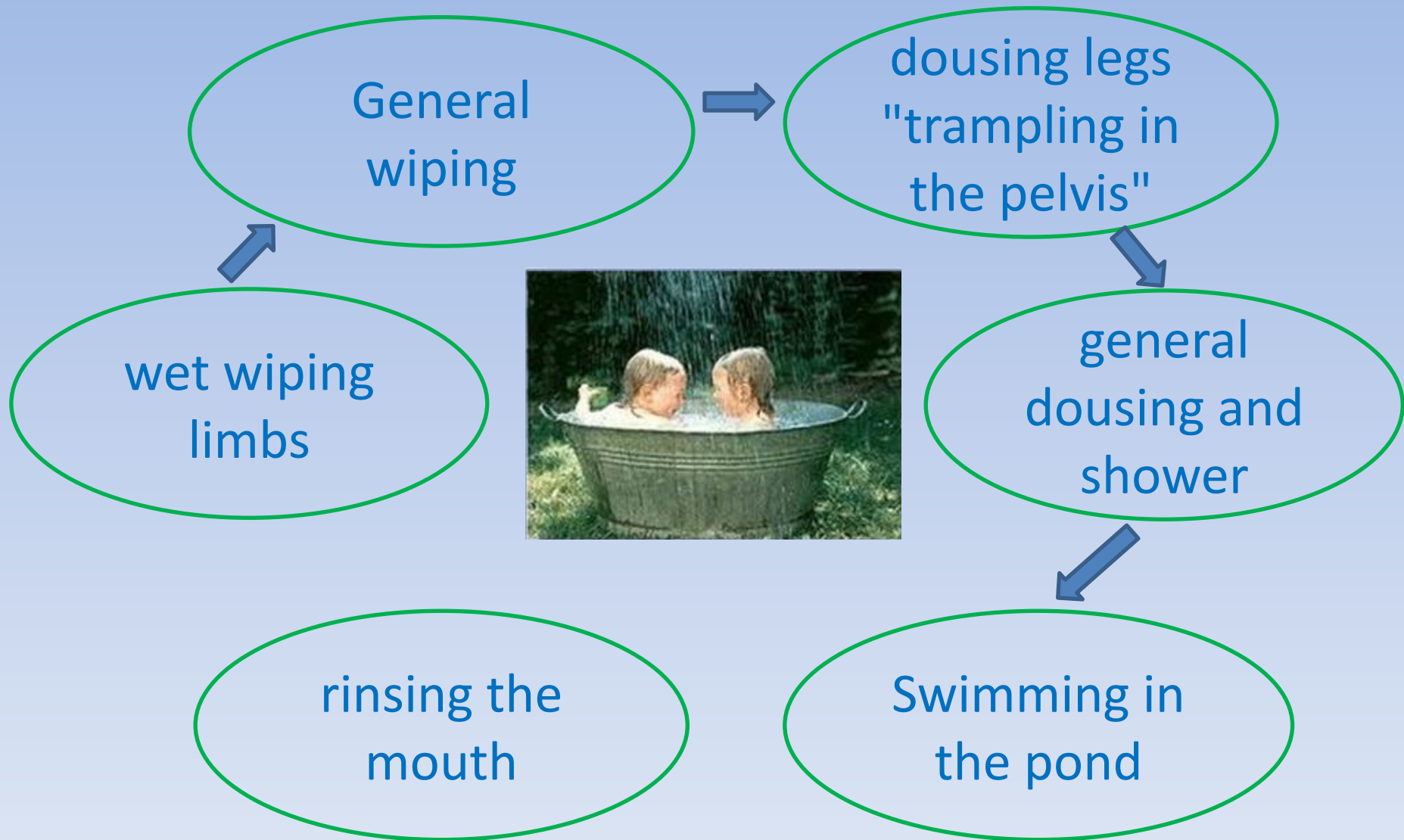
1. Conduct tempering procedures regularly (daily).
2. Increase the exposure time gradually quenching factor.
3. Take into account the mood of the child and carry out procedures in the form of games.
4. Never not perform the procedure if the child is cold, that is, to prevent overcooling of the child.
5. Avoid strong stimuli: prolonged exposure to cold water or very low air temperatures, as well as overheating in the sun.

6. Right pick up clothes and shoes: they must comply with the ambient temperature and to be made of natural fabrics and materials.?

7. In the case of disease is not severe hardening to terminate did not need to. It is necessary to reduce the force of impact (increased water temperature and reduce the time perfusion), but to carry out these procedures is mandatory.

8. If you are seriously ill, you can temporarily cancel the procedure, but the break should be no more than 5-7 days. If the interval between hardening lasted more than two weeks, you need to start all over again.

Hardening with water



Hardening with water:







Hardening air





Hardening the sun





If you want to be healthy – tempered!