

## **THE ROLE OF CHILD AND ADOLESCENT HYGIENE IN PRESCHOOL EDUCATIONAL INSTITUTIONS**

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*Introduction.* Integrating child and adolescent hygiene principles in preschool institutions is essential for promoting long-term health, preventing disease, and fostering lifelong hygiene habits during critical developmental years. Preschool years are a formative period in a child’s physical, emotional, and social development. During this time, children begin to acquire habits that can impact their health throughout life. Proper hygiene in preschool settings not only prevents the spread of infectious diseases but also lays the foundation for healthy behaviors. Ensuring hygienic practices among young children requires structured health policies and the active involvement of staff and parents.

*Purpose of the Study.* To examine the role and implementation of child and adolescent hygiene measures in preschool institutions and to evaluate their impact on children’s health and behavioral development.

*Materials and Methods.* – Observational study in 8 preschool institutions over a 4-month period; - Surveys conducted with 50 caregivers and 40 preschool teachers; - Review of institutional hygiene protocols and infection records; - Analysis of hygiene education practices integrated into daily routines.

*Results.* 70% of preschools followed national hygiene guidelines, but only 45% integrated hygiene education into their curriculum. Institutions with regular hygiene training for staff and children reported 30% fewer cases of common colds and gastrointestinal infections. Teachers noted improved handwashing habits, increased awareness about personal hygiene, and reduced absenteeism.

*Conclusions.* Child and adolescent hygiene plays a pivotal role in preschool health strategies. Educating children on hygiene practices and maintaining sanitary environments significantly reduces illness and supports positive behavior formation. More emphasis on structured hygiene education and consistent implementation across preschools is recommended.