

## FORMS OF ESTABLISHING AN ADEQUATE RELATIONSHIP BETWEEN PARENTS AND CHILDREN

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**Annotation:** This article describes the form of relationship that parents establish with their child, pedagogical measures to establish a healthy relationship with the child. The psychological risks of an unhealthy relationship with a child are analyzed, and the methods used to build a healthy relationship are shown.

**Keywords:** adequate attitude, child mentality, order, discipline, self-doubt, violence, right language, right action, right opportunity.

**Introduction.** The relationship of parents in the family directly affects the development of the family, the future of children. There will be no development in a family without Tichlik - harmony. This directly affects the progress of society. So it is difficult to achieve harmony in the family, the progress of society, without correcting parental relations. We know that in our society there are a number of functions of the family. One of the most important tasks of the family is its communicative task. In doing so, the family will have to serve to meet the need of family members to interact and understand. Communication, on the other hand, is directly colloquial. According to statistical analysis, most children who are currently exposed to a suicide with deviant behavior do not have enough family communication. As a result of parents' indifference, lack of conversation with the child, pedagogical and psychological problems arise in the child.

**Results of studies and their discussion.** The result of statistical analysis shows that children with strong emotional ties to their parents have high results in social and emotional development [3]. In order for there to be a strong emotional bond between parent and child, it is necessary to be adequate in the relationship. What does the "adequate attitude" itself actually mean? How does adequacy manifest itself? Adequate means-suitable, balanced, appropriate. Adequate attitude means that it is appropriate, appropriate and correct to respond to a situation or person. For example, if someone has helped you, you can say thank you – this is an adequate attitude that means expressing gratitude in response to the good they have done is to react correctly. What adequate relationship can now be between parent and child? What needs to be done to form an adequate attitude?

Upbringing is always carried out in accordance with the Times of darcor. The method of upbringing, which was used fifty years ago, does not give the expected result if today it is fully applied to its child. It is also necessary to adapt Zero upbringing to its time. The so-called "key to the door of science", Hazrat Ali, said in this regard: "it is not according to the teachings of your time that your children are brought up according to the realities of the times when they were born" [2]. Such an ekaan foster person should bring up the style of upbringing that he uses in the upbringing of a child in ways that are relevant to his time instead of the one left over from his ancestors. Before studying the adequate relationship between parents and children,

let's look at the inadequate circumstances in upbringing. So what are the methods of non-adequate upbringing?

Rape-this includes mental abuse , physical abuse, sexual abuse. Mental abuse refers to threatening, shouting, insulting, criticizing a child. By physical violence, we understand the likes of beating, Doppelpänging, bodily injury. In the Uzbek people there would be a saying" the flesh is your bone – ours". But this transplant is losing its influence today. Psychologist-educators argue that it is difficult to achieve success in education by inflicting violence on a child. The following problems arise as a result of violence against to child: -the formation of insecurity, as a result of which it is difficult to find its place in social life; - a slowdown in spiritual development, a chaos in the emotions of the result, followed by an inability to control one's own emotional state.

"Why do you abuse a child?", to which most parents respond: " I am teaching him discipline". However, how justified is the use of such a punitive method as violence to discipline a child? Turkish psychologist Hadicha Kubro defines the purpose of the discipline as: "the original model of discipline must be to teach our child to see the Naija of this action when he makes some mistake. The mistake that most of us, who are struggling without being able to teach discipline to their child, is that we act in the direction of "do what I say, do not do what I do". 3 adequate (correct) methods in achieving discipline: correct language, correct movement, correct opportunity.

What should be the correct language?

1. Don't tell a child anything that can't be said to an older person! The child is the weakest, the person in need of help does not mean that it is possible to shout freely at the child, to say what he wants. He also understands, is upset, ashamed. For this reason, it is not necessary to say to a child anything that cannot be said to a large person. " When do you sit like a man?" " Miss the door, were you born in a cave?" " Go, wash your dirty hands!" Such talk is far from respect. When a mother speaks with her child in such a correct language style, the child also begins to call people around him in social life who speak only in the right way with him.

2. Don't use the adult tone on your child either! The pressure with which the mother speaks to her child in a tone does not affect the mental state of the child. Okay, how to talk in it? For example, "the glass broke, but there is no problem my son! Did you not do anything? You may have been terrified. I know that using words like" you didn't break deliberately " and speaking correctly to Ohan will strengthen trust ties with the child.

3. Tell the child what he does, not what he does not do! When the child is said to "do not" to be disciplined, his mind begins to focus on the "Do" Part, negating the "ma" suffix, and become more undisciplined. The mother says" don't " while the child does. Telling what the child is waiting for, what we want will give an effective result. For example, saying "Hit Your brother" instead of saying "Hit the pillow when you get angry" will make things much easier.

4. Offer the child instead of the command. Giving orders creates a pressurized path between mother-child. The child feels the pressure exerted on him and resists by saying, even if there is only one word for his own benefit. This is the reason why when mothers give orders to their children, children are stubborn, opposed, unable to hear or do it with leg strain resistance. For example, "turn off the TV, don't you see that saot was nechchi, sleep there!"instead of saying" after five minutes, we turn off the TV and go to bed, time has become allamahal", talking like mother-child improves the relationship.

What should be the right action?

-To challenge the child not his behavior. For example, “stupid, I didn't have a carefree child like you!” to say is to target the child personally, not to collect the room. Such judgments touch the child's self-esteem and damage his contacts with the mother. Instead, the following judgment can be said: “It's time to gather! I'll give you five minutes” ”You haven't put your room together and it's making me angry” “If you don't collect your room, you can press and break the toys on Earth”

- It is necessary to focus not on action, but on intention. No matter how negative the actions of children at the time before adolescence may seem, their intentions are gloomy and pure. For example, the child wanted to use a broom like his mother and was sweeping her by pouring sand on the ground, at which point the mother came and shouted at him “you're gonna dust the cabbage!”. The goal of the boy was not to dust the lands. This is a much milder situation when the mother here focuses her attention on the child's interest, assuming that “ when my child is playing with interest”. - It is necessary to hug a lot with the child. Hugging is the cause of the appearance of oxytocin in the body. This Harmon has a huge impact on the human body, an example of which is when an avia child becomes attached to each other. Another name for this Harmon is “Harmon of happiness”, that is, it causes a feeling of happiness both in the child and in the mother. According to a Harvard University study, children who grew up with loving parents as children are happier in adulthood, have higher self-confidence, and are mentally stable [1].

When should the right moment be?

- In times of crisis, it is necessary not to explain the action, but to understand its feelings. No matter how much the mother tries to explain the situation during the crisis, the child in the crisis does not understand and does not want to understand it either. Instead, it is necessary to try to understand the child.

- It is necessary to know the value of the time before and after sleep. These two times are the moment to establish emotional contact with the child. "Go in and sleep faster!", “Do you need to fall asleep, get up faster!” instead of saying, Having a beautiful relationship at these two important times will bring a good result.

- Turning a moody moment into high-mood stories also gives a good result. For example, the mother and child played together, their moods chog', that is when the mother speaks her exhortations to the child, which has a good effect on the child's discipline [2]. In conclusion, These 3 different methods are the right language, the right action and the right time that form the basis of an adequate relationship. In order to be able to easily use these three methods, the mother must work on herself, increase her vocabulary and achieve spiritual peace of mind.

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