

EFFECTIVE METHODS OF COOPERATION WITH PARENTS IN LOGOPEDIC ACTIVITIES

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Abstract

This article analyzes the importance of communication with parents and psychopedagogical cooperation in the process of working with children in need of speech therapy. Active participation of parents in speech therapy of children with speech development delays is an important factor in strengthening exercises, emotional support, motivation and creating an environment. The study examines family upbringing methods, speech therapist-parent triad communication and methods of counseling. Attention is also paid to simple and effective types of exercises that can be performed at home. This article is based on modern approaches at the intersection of special pedagogy, speech therapy and family psychology and includes methodological recommendations for practicing specialists.

Keywords: Speech therapy, cooperation with parents, speech development, communication methods, speech therapy exercises at home, psychopedagogical approach, special pedagogy, family and upbringing, speech therapist advice, developing environment.

Introduction

LOGOPEDIK FAOLIYATDA DA OTA-ONALAR BILAN HAMKORLIKNING SAMARALI METODLARI

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Annotatsiya:

Ushbu maqolada logopedik yordamga muhtoj bolalar bilan ishlash jarayonida ota-onalar bilan muloqot va psixopedagogik hamkorlikning ahamiyati tahlil qilinadi. Nutqiy rivojlanishda orqada qolayotgan bolalarning logopedik terapiyasida otaonalarining faol ishtiroki — mashqlarni mustahkamlash, emotsional qo'llab-quvvatlash, motivatsiya shakllantirish va muhit yaratishda muhim omil hisoblanadi. Tadqiqotda oilaviy tarbiya uslublari, logoped-ota-ona uchlik muloqoti va maslahat berish usullari ko'rib chiqiladi. Shuningdek, uy sharoitida bajarilishi mumkin bo'lgan oddiy va samarali mashg'ulot turlariga ham e'tibor qaratiladi. Mazkur maqola maxsus pedagogika, logopediya va oilaviy psixologiya kesishmasidagi zamonaviy yondashuvlarga asoslanadi va amaliyotchi mutaxassislar uchun metodik tavsiyalarni o'z ichiga oladi.

Kalit so'zlar: Logopedik yordam, ota-onalar bilan hamkorlik, nutqiy rivojlanish, muloqot usullari, uy sharoitida logopedik mashqlar, psixopedagogik yondashuv, maxsus pedagogika, oila va tarbiya, logoped maslahatlari, rivojlantiruvchi muhit.

Annotation

This article analyzes the importance of communication with parents and psychopedagogical cooperation in the process of working with children in need of speech therapy. Active participation of parents in speech therapy of children with speech development delays is an important factor in strengthening exercises, emotional support, motivation and creating an environment. The study examines family upbringing methods, speech therapist-parent triad communication and methods of counseling. Attention is also paid to simple and effective types of exercises that can be performed at home. This article is based on modern approaches at the intersection of special pedagogy, speech therapy and family psychology and includes methodological recommendations for practicing specialists.

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Hozirgi davrda bolalarning nutqiy rivojlanishida yuzaga keladigan muammolar keng tarqalgan bo'lib, bu muammolar nafaqat bolaning til o'zlashtirishiga, balki uning ijtimoiy moslashuvi, o'quv faoliyati va emotsional holatiga ham salbiy ta'sir ko'rsatadi. Bunday holatlarda logopedik yordam muhim rol o'ynaydi. Biroq, bolaga ko'rsatiladigan logopedik yordaming samaradorligi ko'p jihatdan ota-onalarning ishtiroki, ularning bolaning rivojlanishiga bo'lgan munosabati va uy sharoitida yaratib berilgan nutqiy muhitga bog'liqdir.

Tajriba shuni ko'rsatadiki, agar ota-onalar logopedik jarayonga faol jalb qilinsa, bolalarda nutqiy ko'nikmalarning shakllanishi tezlashadi, ularning o'ziga bo'lgan ishonchi oshadi va terapiya natijalari barqarorroq bo'ladi. Shu sababli maxsus pedagogik amaliyotda logoped bilan ota-onalar o'rtasidagi samarali muloqotni yo'lga qo'yish, ularni bolaning rivojlanishidagi hamkor sifatida ko'rish dolzarb masalalardan biri hisoblanadi.

Ushbu maqolada logopedik yordamga muhtoj bolalar bilan ishlashda ota-onalar bilan muloqot qilishning asosiy tamoyillari, maslahat berish usullari, hamda uy sharoitida amalga oshiriladigan logopedik mashg'ulotlar haqida so'z yuritiladi.

Logopedik yordamga muhtoj bolalarda oilaviy muhitning ahamiyati: Bolalarning nutqiy rivojlanishi ko'plab omillarga bog'liq bo'lib, ularning eng muhimlaridan biri bu — oilaviy muhitdir. Oilada tilga e'tibor berish, bola bilan tez-tez muloqot qilish, savol-javob qilish, tinglash, hikoya qilish va ertaklar o'qish orqali bola nutqi tabiiy tarzda shakllanadi. Logopedik yordamga muhtoj bolalarda esa bu jarayon ataylab rejalashtirilgan, izchil va nazorat ostidagi mashg'ulotlar bilan qo'llab-quvvatlanishi zarur. Aynan shu jihatda ota-onalarning faolligi va ongli ishtiroki terapiya natijalarini keskin yaxshilaydi.

Ota-onalar bilan samarali muloqotning asosiy tamoyillari: Logopedning ota-onalar bilan samarali hamkorlik qilishida quyidagi tamoyillar muhim o'rin tutadi:

Axborot berish: bolaning nutqiy muammosi haqida ota-onaga aniq, tushunarli va ilmiy asoslangan ma'lumot berish;

Hamkorlik ruhida muloqot: ota-onani tanqid qilmasdan, ularni terapiya jarayonining teng ishtirokchisi sifatida qabul qilish;

Individuallashtirish: har bir oilaning psixologik holati, ijtimoiy sharoiti va madaniy xususiyatlarini hisobga olish;

Qayta aloqa (feedback): ota-onadan bolaning uyda qilayotgan mashqlari, holati haqida muntazam axborot olib turish.

Logopedik mashg'ulotlar davomida ota-onalar nafaqat tinglovchi, balki faol ishtirokchi bo'lishi kerak. Logoped ularga oddiy, lekin samarali mashqlarni ko'rsatib berishi, ularning qanday bajarilishi haqida izoh berishi lozim.

Ota-onalarga amaliy tavsiyalar va uy mashg'ulotlari: Logopedlar ota-onalarga quyidagi amaliy yo'nalishlarda maslahat berishlari mumkin:

Artikulyatsion gimnastika: har kuni 5–10 daqiqa davomida og'iz va til muskullarini mustahkamlovchi mashqlar bajarish;

Nutqiy o'yinlar: "kim ko'proq so'z aytadi?", "tinglab top", "so'z boshlanishini ayt" kabi o'yinlar orqali so'z boyligini oshirish;

Tasvir asosida gap tuzish: bola bilan birga rasmlarni tomosha qilib, u haqda hikoya tuzish;

Ermakli she'r va tez aytishlar: fonematik eshituvni rivojlantirish va talaffuzni to'g'rilashga xizmat qiladi;

Uyda audio kitoblar tinglash va muhokama qilish.

Shuningdek, ota-onalar logopedik daftar yuritib, bolada kuzatilayotgan o'zgarishlarni qayd qilib borishlari maqsadga muvofiqdir.

Logopedik maslahat berish shakllari: Ota-onalarga maslahat berish yakka tartibdagi suhbat, trening, ma'lumotnoma tarqatish, seminar-treninglar va telefon/online maslahatlar ko'rinishida amalga oshirilishi mumkin. Har bir shakl ota-onalarning ehtiyojlari va imkoniyatlaridan kelib chiqib tanlanadi.

Xulosa qilib aytkada logopedik yordamga muhtoj bolalar bilan olib boriladigan ishlarning samaradorligi ota-onalar bilan yo'lga qo'yilgan hamkorlik darajasiga bevosita bog'liqdir. Oila — bolaning birinchi va eng muhim ijtimoiy muhitidir. Aynan uy sharoitida bola o'zining nutqiy va kommunikativ ko'nikmalarini kundalik hayotda amaliyotga tadbiiq etadi. Shu bois logopedik jarayonda ota-onaning faol ishtiroki — nafaqat muhim, balki zaruriy omildir.

Tadqiqot va amaliy tajribalar shuni ko'rsatmoqdaki, logoped-ota-ona uchligi asosida qurilgan muloqot modeli bolaning nutqiy rivojlanishidagi ijobiy o'zgarishlarni tezlashtiradi. Ota-onalarning bola bilan uy sharoitida mashg'ulot

olib borishi, unga emotsional qo'llab-quvvatlov berishi va logopedik mashqlarni izchil bajarilishi logopedik terapiyani mustahkamlaydi.

Logopedlar uchun:

Ota-onalar bilan doimiy aloqada bo'lish, ularning savollariga individual tarzda javob berish;

Uy sharoitida bajariladigan mashg'ulotlar uchun yozma ko'rsatmalar yoki audiovideo namunalari tayyorlash;

Ota-onalarning psixologik tayyorgarligi va motivatsiyasini oshirish bo'yicha treninglar tashkil etish.

Ota-onalar uchun:

Logopedik mashg'ulotlarni kunlik hayotga tabiiy tarzda singdirish (masalan, ovqatlanish vaqtida, o'yin jarayonida);

Bola bilan tinch, mehribon va rag'batlantiruvchi muhitda muloqot qilish;

Logoped bilan fikr almashishdan cho'chimaslik, har qanday savol va muammolarni ochiq muhokama qilish.

Maktabgacha ta'lim muassasalari uchun:

Logopedik mashg'ulotlarga oid ota-onalar uchun axborot burchaklari, broshyuralar, treninglar tashkil etish;

Logoped va tarbiyachilar o'rtasida integratsion yondashuvni yo'lga qo'yish.

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