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THE ROLE OF PICTURE BOOKS IN THE MENTAL DEVELOPMENT OF CHILDREN (AGES 0-6)

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Annotation: It is known that many measures are being implemented in our country in the field of preschool education and the comprehensive upbringing of children. Especially gratifying that a number of competitions and art evenings are being organized to increase young people's interest in books, but along with such initiatives, it should be noted that children's literature, especially books for young children, is a problem, and the level of picture books requires considerable research. The problem we are facing is the almost complete absence of Uzbek-language picture books or books that celebrate Uzbek nation, intended for children aged 0-3, 0-6. In this regard, I can give examples from only world literature.

In my article, I have outlined my experience based on scientific research on what books are suitable for children aged 0-6, how to use them, and what they give to the child.

Picture books help a child to recognize their identity from an early age, teach them to adapt to social life, and enrich their world of thought through visual memory.

Children's literature in the form of picture books tells a story using text and pictures to communicate. Often intended for young children, they are designed to be aesthetically appealing and understandable to capture their attention.

In this article, we will discuss the benefits of picture books, such as how they help develop a child's vocabulary, reading skills, and critical thinking skills. In addition, we will talk over about ways in which picture books can be used to promote diversity and inclusiveness, as well as the importance of choosing content that is appropriate for children of a particular age.

INTRODUCTION

Children's literature – a collection of artistic, scientific, popular science, and journalistic works created for [children](#) and adults. The main part of these works is made up of artistic works.¹¹

A distinctive feature of children's literature is that it is a changing phenomenon, which is directly related to the age of the reader, the historical period and the social environment. Taking into account the age of the reader is one of the most important features of children's literature. For example, in preschool children it is based on the seemingly simple contradictions of the forces of good and evil, while in literature created for adolescents the psyche of complex people in complex lives begins to unfold.¹²

Today, we are all aware of the growing interest in books in our society. We all know that books are the best friends, guides, and sources of knowledge that elevate human

¹¹ https://uz.wikipedia.org/wiki/Bolalar_adabiyoti

¹² https://uz.wikipedia.org/wiki/Bolalar_adabiyoti



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thinking. At this point, I would like to draw your attention to picture books in children's literature. What is a picture book, for which age group is it recommended, and what does it give to a child?

In a picture book, the author and the artist always work together. A real picture book is created by combining exactly one text with exactly one illustration. Let's take Chukovsky, for example. More than a hundred illustrations were drawn for his fairy tales. His books are full of illustrations. But this is not a "Picture Book". This is a "Book with Pictures". Why? Because even if you change the illustrators of this book or remove the pictures altogether, the poems do not lose their meaning and function. These poems achieve their goal independently, regardless of the illustrations.¹³



METODOLOGY

One of the most important periods in a child's development is the age of 0-6, during which children grow and learn very quickly and effectively. During this period, picture books play an important role in the mental, creative and emotional development of children.

Any work read to children of this age should be short and simple in content. It is also advisable for such books to have colorful illustrations and large, bold letters.¹⁴

It is not necessary to read picture books to a child who cannot read. Child can read it easily by him or herself.¹⁵ As an example, I can give Dinara Muminova's book "Where

¹³ Dinora Muminova. <https://uzbaby.uz/>

¹⁴ Jumaboyev M. Bolalar adabiyoti va folklor. – Toshkent: Adabiyot, 2010

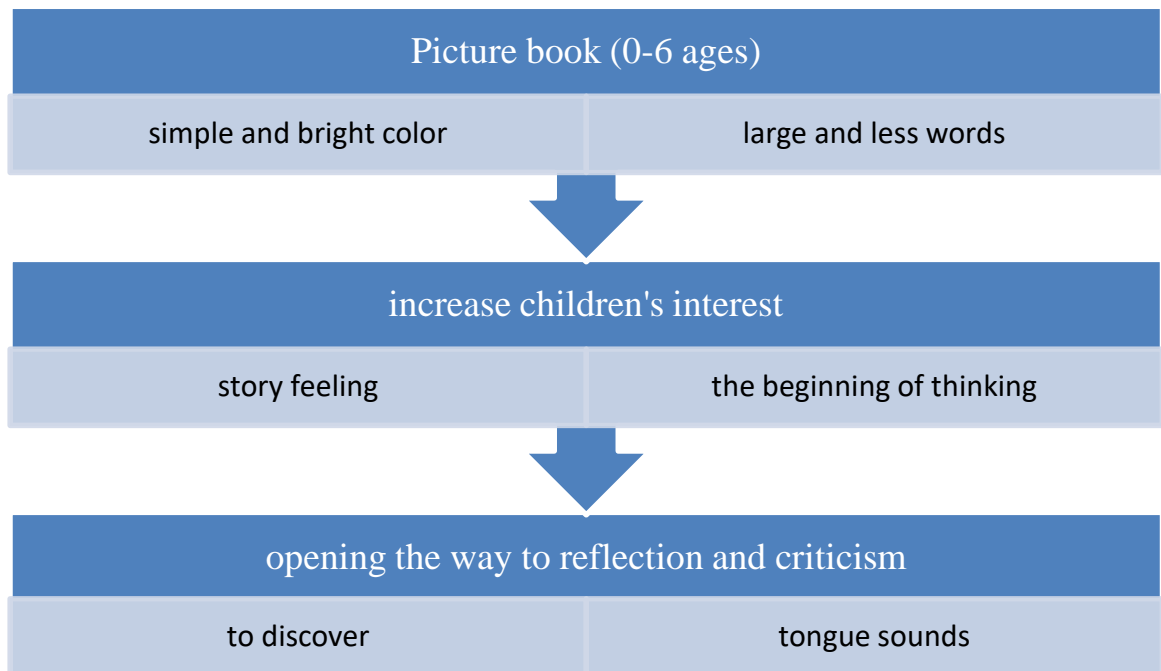
¹⁵ Dinara Mo'minova. <https://uzbaby.uz/>



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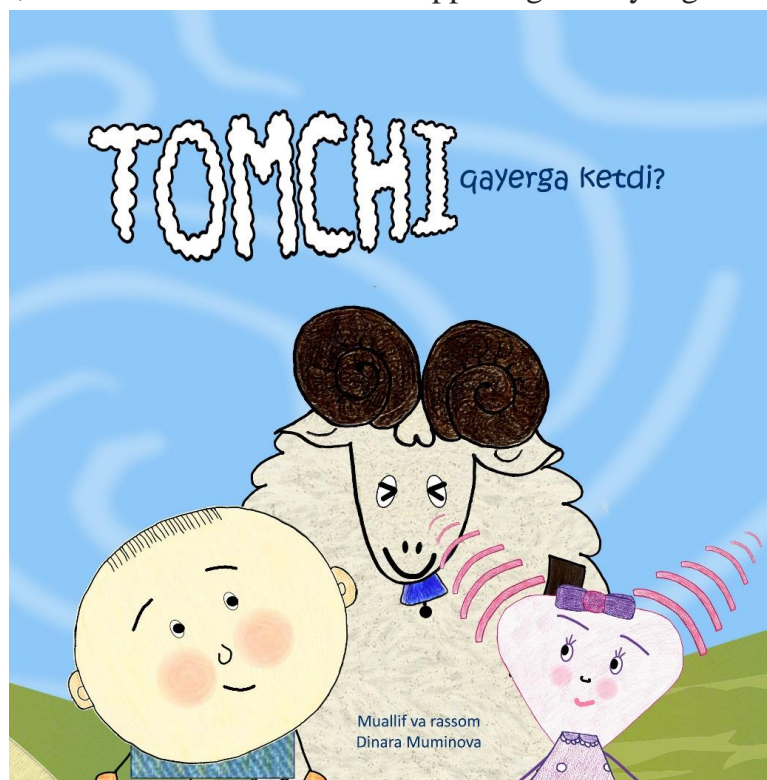
Did the Tomchi Go?". Even children under 7 years old (who do not know letters) "read" this book and try to tell the stories in it in their own language.

What changes occur in children if they are given picture books from the age of 0:



Therefore, picture books are essential for enriching children's imagination, developing language and speech, developing storytelling and creativity skills, and enhancing their creative thinking in the future.

So, can children become readers?! Of course! If they are surrounded by picture books from a young age, if children can bring their own stories and imaginations to life through picture books, then the likelihood of this happening is very high.



RESEARCH RESULTS

Scientific research shows that children pay attention to 3 aspects when reading a picture book:

1. Picture
2. Text
3. Design

Pictures that can evoke their own stories can attract children's attention. Texts that are rich in topics that children understand and are important for their age will attract children's attention. Font, color choice, placement of pictures and text, book size, paper type, cover, inner cover, text size, and similar details can attract children's attention if they are designed in a way that suits the psychology of the child, the genre, and the content of the book.¹⁶

It is clear that in order for a child to understand and learn the world in a broad way, child needs picture books from a young age. At this time, picture books can be prepared according to each age group. For example, it can be a book with simple black and white pictures, and this is especially suitable for children from 1 to 3 months old. By publishing picture books suitable for each age and each month, and most importantly, by paying attention to our nationality, the child will develop a sense of understanding and creativity from an early age. Another aspect to pay attention to is the quality of the creation of books for children aged 0-6, and the fact that they are made of hard paper that does not tear is considered safe for the child. It is also advisable to take this into account.

DISCUSSION

The main benefits of picture books in child development include:

1. Cognitive¹⁷ development:
 - Picture books attract children's attention and encourage them to actively observe, imagine, and solve problems. This helps develop children's cognitive processes - abilities such as perception, memory, thinking, and speech.
 - Understanding the relationships between pictures develops children's logical thinking skills.
2. Language development:
 - Picture books increase children's vocabulary, enrich their speech, and develop speaking, listening, and comprehension skills.
 - Children gain a deeper understanding of the meanings of words through pictures.
3. Creative development:

¹⁶ Dinora Muminova. <https://uzbaby.uz/>

¹⁷ The word cognitive is derived from the English (Latin) word "cognize", which means to know, understand, comprehend and think, or "cognition" – to know, to understand. In turn, the activity of cognition is a phenomenon related to a person's direct perception and feeling of reality. <https://izoh.uz/word/kognitiv>



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- Picture books encourage children to think imaginatively and creatively. They create new ideas and scenarios based on the images, events, and plots in the book. -

Children develop fine and plastic art skills through picture books.

4. Emotional and Social development:

- Picture books enrich children's emotional world, forming positive emotions in them - feelings such as kindness, fearlessness, and care.

- Children learn to regulate their own behavior by comparing themselves with the characters in the book, analyzing their actions.

5. Psychological development:

- Picture books have a positive impact on children's mental and physical health by satisfying their interests and developing their free and independent thinking skills.

In recent years, there has been growing interest around the world in the role of picture books in the cognitive development of young children. Research shows that picture books play a crucial role in stimulating children's imagination, improving their language skills, and aiding their social and emotional development.

In an interview¹⁸ with Oyina.uz, Dinara Mominova, Doctor of Philosophy (PhD) in Pedagogical Sciences, discussed in detail the fact that this type of book is a relatively new genre for Uzbekistan and its unique aspects.

CONCLUSION

Picture books for children aged 0-6, known as the formative years of all-round development, have been found to be particularly effective in developing early literacy skills. The combination of visual images and text helps children make connections between words and their meanings, making language acquisition easier. In addition, the colorful illustrations in picture books capture children's attention and interest, encouraging them to engage with stories and develop a love of reading.

Additionally, picture books with a variety of characters and settings can help young children develop empathy and understanding of the world around them. By exposing children to different cultures, lifestyles, and perspectives through picture books, parents and teachers can develop social and emotional intelligence in children from a young age.

In addition to stimulating cognitive and emotional development, illustrated books also provide opportunities for children to develop their creative and critical thinking skills. The visual elements in illustrated books allow children to interpret and analyze information in their own unique ways, encouraging them to think critically and make connections between different concepts.¹⁹

Overall, the role of illustrated books in the cognitive development of young children cannot be overstated. By incorporating picture books into children's daily routines and reading activities, parents and teachers can help children develop a lifelong love of reading and literacy from a young age.

¹⁸ <http://serquyoshsolnomasi.oyina.uz/uz/article/2452>

¹⁹ . <https://www.thechildrensbookreview.com>



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