The Six F-Words for Childhood Disability

1. **FUNCTION**
   I might do things differently but I CAN do them. How I do it is not important. Please let me try!

2. **FAMILY**
   They know me best and I trust them to do what’s best for me. Listen to them. Talk to them. Hear them. Respect them.

3. **FITNESS**
   Everyone needs to stay fit and healthy, including me. Help me find ways to keep fit.

4. **FRIENDS**
   Having childhood friends is important. Please give me opportunities to make friends with my peers.

5. **FUN**
   Childhood is about fun and play. This is how I learn and grow. Please help me do the activities that I find the most fun.

6. **FUTURE**
   I will grow up one day, so please find ways for me to develop independence and be included in my community.


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