

The F-words in Child Development

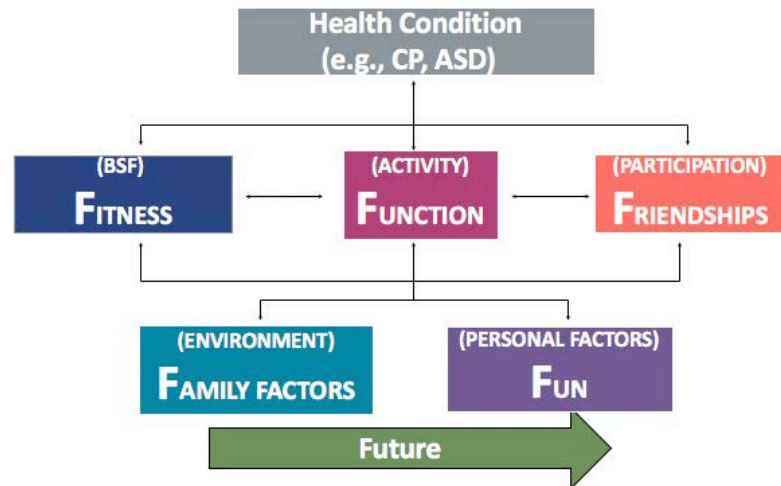
Dear Educators...

Have you heard of the 'F-words' in child development?

These are six 'F-words' (**F**unction, **F**amily, **F**itness, **F**un, **F**riends and **F**uture) that are grounded in the World Health Organization's International Classification of Functioning, Disability and Health (ICF) framework (WHO, 2001). The F-words focus on six key areas of child development.

- **Function:** Refers to what people do - how things are done is not what is important.
- **Family:** Represents the essential environment for all children.
- **Fitness:** Refers to how children stay physically active, including exercise and other recreational opportunities.
- **Fun:** Includes particular activities children are involved in or enjoy participating in.
- **Friends:** Refers to the friendships established with peers; social development is an essential aspect of personhood.
- **Future:** This is what childhood development is all about! Refers to parents and children's expectations and dreams for their future.

Learn more about the F-words at:
<https://www.canchild.ca/f-words>



The 'F-words' adaptation of WHO (2001) ICF Framework (Rosenbaum & Gorter, 2012)

Tips for using the F-words at school!

- Put up the **F-words poster** in your class, send out the **F-words educator tip-sheet** and this **newsletter** to co-workers.
- Complete the **F-word tools** as an in-class activity. This is a great way to find out what is important for students!
- Focus on the child's abilities, talk about what they **can do** and their **strengths** to help achieve school goals.
- **Encourage participation** in classroom activities. Find ways to make the child (and all students) feel comfortable participating.
- **Encourage Daily Physical Activity (DPA)** throughout the day at school!
- Keep the family updated on the child's success and progress at school (e.g., phone calls or emails). **Encourage families** to complete the **F-words tools** with their child.
- Always think about the **child's future**. Use the **F-words goal sheet** as an in-class activity or complete it with the family to determine

Moving the F-words into schools!

Introducing the F-words Tools

F-words agreement, F-words collage, F-words profile, F-words goal sheet and F-words advocacy guide/letter for schools!

How can each tool help you?

Agreement: Fill out the agreement with the child or encourage parents to fill this out as a way to share what is important to the child with the school team!

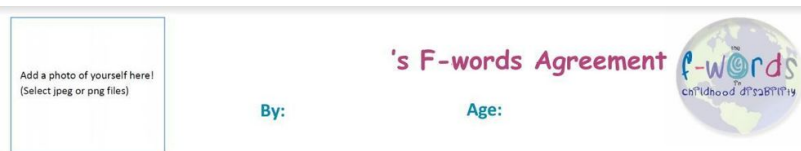
Collage: Encourage families to create an F-words collage with their child - or make it a class activity! Discuss why the pictures are meaningful to them.

Profile: Have the profile for the child's school file. Work with families and encourage them to create an F-words profile for their child.

Goal sheet: Work with families to prepare school-based goals for the child based on the F-words. Discuss why these goals are important for the family and child.

Advocacy letter: Familiarize yourself with this letter and encourage families to use the template to create their own!

F-words Agreement tool template:



The form is titled "'s F-words Agreement" and features the F-words logo. It includes a box for a photo with the instruction "Add a photo of yourself here! (Select jpeg or png files)". Below the photo box are fields for "By:" and "Age:". At the bottom right, there is a copyright notice: "© Please consider these things when we work together ©".

FUNCTION - I want to do stuff! It may not matter if I don't do it like everyone else!

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...

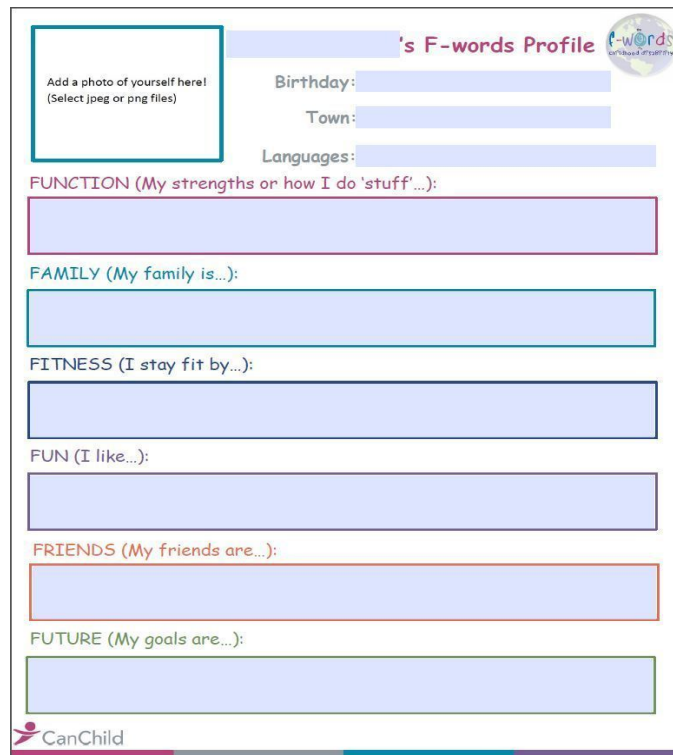
FITNESS - Everyone needs to stay fit and healthy and I am no different.
I might need to use different ways of getting fit and staying fit and need help to do this...

FUN - Whatever floats my boat!.....

FRIENDS - to meet, get to know, have fun with, to learn with, to grow old with....

FUTURE - The future is Now - Tomorrow is what I make of today.
I don't want opportunities to pass me by. Help me achieve what I can today.

F-words Profile template:



The form is titled "'s F-words Profile" and features the F-words logo. It includes a box for a photo with the instruction "Add a photo of yourself here! (Select jpeg or png files)". Below the photo box are fields for "Birthday:", "Town:", and "Languages:". The form contains several sections with text boxes for input: "FUNCTION (My strengths or how I do 'stuff'...)", "FAMILY (My family is...)", "FITNESS (I stay fit by...)", "FUN (I like...)", "FRIENDS (My friends are...)", and "FUTURE (My goals are...)". At the bottom left, there is a CanChild logo.

Learn more about the F-words by reading the original F-words publication (**Rosenbaum & Gorter, 2012**) or visit the F-words Knowledge Hub at: www.canchild.ca/f-words
'F-words' tools can be downloaded for free from the Knowledge Hub.

Have questions about the F-words?

Contact us @
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