The 'F-Words' for Child Development

Dear Educators...

Have you heard of the 'F-Words' for Child Development?

These are six 'F-words' (Function, Family, Fitness, Fun, Friends and Future) 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 Profile template:

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 @ canchild@mcmaster.ca

F-words Agreement tool template:

©Tomas, Coburn, Cross, 2019