



THE F-WORDS FOR CHILD DEVELOPMENT Foundations Training Program

DELIVERED BY
CanChild Centre for Childhood Disability Research

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*Good reminder to **incorporate the 'F-words' into my own practice** with families to ensure life domains are all considered. Loved hearing the **parent perspective**.*



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*A **wonderful** presentation! Looking forward to **implementing the 'F-words' into my work** with families!*

Gain foundational knowledge on the F-words and how to apply them within your organization.

FOUNDATIONS I

- F-words introduction
- Theoretical grounding
- Family perspectives
- Tools & resources
- Application & use in practice

FOUNDATIONS II

- Implementation examples & strategies
- Interactive activities
- Tailored content for organizations' needs/priorities

INCLUDED RESOURCES

- Foundations I and II Workbooks
- Evaluation Summary Report
- Implementation Blueprint



For more information please visit the [F-words Knowledge Hub](#) and contact fwords@mcmaster.ca



Introducing CanChild's F-words Foundations Training Program

Who is the F-words Foundations Training for?

The F-words Foundations Training Program is designed for organizations that are interested in learning foundational knowledge about the F-words and about how to apply the F-words within your organization. This training is relevant for a variety of audiences who work with, care for, and/or experience disabilities and/or medical complexities, including, but not limited to:

- Family members (e.g., parents, siblings)
- People with disabilities
- Health care and community service providers
- Educators
- Health care administrators

What content is covered in the F-Words Foundations Training Program?

While the F-words provide the framework for the training, specific training goals and objectives vary according to the goals of each program, as co-determined with the F-words team. Common themes include exploring how the F-words can be used to support:

- Family-centred service
- Inter-professional collaboration and communication
- Goal-setting
- Coordinated Service Planning
- Education-related services

The F-words Foundations Training Program is CanChild's introductory program to the F-words for Child Development. The program is delivered online using Zoom software in partnership with a host organization. There is a maximum of 50 attendees per training program.

What will I find in this information package?

In this package, we delineate the components of the F-words Foundations Training Program to provide you with information related to program structure, duration, content, cost, and how we tailor it to your team and organization.

F-words Training: Program-at-a-Glance

Training Program Component	Description	Approximate Timeline & Duration
Planning Meeting	Meet with members of your organizational team who will be working with us to implement the workshop.	<ul style="list-style-type: none"> At least, one month prior to first training session (Foundations I) Duration of one hour
Family F-words Introductory Session	Introduce family partners to the F-words concepts and F-words tools. Families are invited to present their tools at the Foundations I Session.	<ul style="list-style-type: none"> At least, one week prior to the first training session (Foundations I) Duration of one hour
Training Session - Foundations I	Introduction to the F-words for Child Development, the theoretical grounding, and examples of application and perspectives from families.	<ul style="list-style-type: none"> Duration of two hours Timing of session (e.g., morning vs. afternoon) is flexible
Training Session - Foundations II	Examples of service provider and organizational implementation of the F-words and interactive activities tailored to your organization's needs (e.g., goal setting).	<ul style="list-style-type: none"> Offered the same day as Foundations I or one - two weeks after Duration of two hours Timing of session (e.g., morning vs. afternoon) is flexible
Training Evaluation Report	Collated summary of feedback and comments from your organization's training sessions.	<ul style="list-style-type: none"> Provided within one month post completion of training sessions.
Post-Training Follow-Up	Meeting with your implementation team to discuss what has happened since the workshop and answer follow-up questions you may have with respect to F-words implementation.	<ul style="list-style-type: none"> Three-to-six months after completion of training sessions. Duration of one hour.

Note: Duration and timeline are flexible depending on training program requests by the organization/program.

F-words Training Program Leads and Presenters



Dr. Peter Rosenbaum

Peter Rosenbaum is a Professor in the Department of Pediatrics, an Associate Member of the Department of Clinical Epidemiology and Biostatistics at McMaster University, and the co-author of the F-words paper, *The F-words in childhood disability: I swear this is how we should think*. Dr. Rosenbaum co-founded CanChild Centre for Childhood Disability Research in 1989. Peter has held more than 90 peer-reviewed research grants and is a contributing author to over 400 peer-reviewed journal articles and book chapters. He has been an invited lecturer and keynote speaker in over 30 countries.



Dr. Andrea Cross

Andrea Cross is a postdoctoral fellow at CanChild and Assistant Professor (part-time) in the School of Rehabilitation Science at McMaster University. Andrea's doctoral research focused on disseminating the F-words to families and service providers and studying this process. Andrea's postdoctoral research focuses on training in family engagement in research and implementation science. Andrea has been a critical member and lead of our F-words Research team since 2014 and has been involved in F-words training since its beginning in 2016. Andrea teaches knowledge translation and evidence-based practice in McMaster's Master of Health Management Program.



Rachel Teplicky

Rachel Teplicky is CanChild's Business and Engagement Officer and oversees the MPOC Measurement and Analysis Service. She is an occupational therapist, has a Master's degree in Rehabilitation Science, and has worked with preschool-aged children and their families. Rachel is a member of CanChild's F-words and Participation research teams. Rachel has been a critical member and lead of our F-words training since its beginning in 2016.



"The information presented was amazing. Not only will it help me with my work but in my life and with my daughter. I am looking forward to trying these ideas at home."

F-words Training Program Leads and Presenters



Danijela Grahovac

Danijela is a Senior Technical Support Analyst at CanChild and a point person for websites design/maintenance and IT issues. Danijela is also a mother of an 18-year-old son with cerebral palsy. She has an engineering/research background (M.Sc. IT Engineer), and brings extensive expertise in computer technology. She recently developed and launched the website for International Alliance of Academies of Childhood Disability - www.iaacd.net. Danijela has been a critical member and parent lead of our F-words Research team since 2014 and has been involved in F-words training since its beginning in 2016.



Vanessa Tomas

Vanessa Tomas, M.Sc., is a Ph.D. student in the Rehabilitation Science Institute and Collaborative Program in Neuroscience at the University of Toronto and works with CanChild on the F-words Research team. Vanessa's research interests include knowledge translation/implementation science, patient engagement in research, youth and young adults on the autism spectrum and other neurodevelopmental conditions, and participation, inclusion, and strengths-based approaches to child health and development. Vanessa has been involved with F-words research and co-creating content for and co-delivering F-words training since 2018.



Alice Soper

Alice Soper, M.Sc., is a Research Assistant at CanChild Centre for Childhood Disability Research. She supports numerous research projects and knowledge translation activities with Kids Brain Health Network, the ENVISAGE program, CP-NET, and the F-words for Child Development. Alice's research interests include global health, patient-oriented research, healthcare transition, and strengths-based approaches to child development. Alice has been an integral member of the F-words Research Team since 2018, with three published papers on the F-words as part of her undergraduate thesis, and is a new member of the F-words training team!



"The overall presentation was more than I was anticipating. It was not only helpful, but very insightful. The presenters were engaging and open to to all question and spontaneous discussion."

Pre-Training

Pre-Training Planning Meeting

Duration: 1 hour / Timing: 1 month prior to your training

The pre-training planning meeting is with your program's/organization's planning team to discuss how the CanChild F-words Team can best tailor the F-words training program to meet your needs.

In this meeting, we will discuss:

- Your program's/organization's primary goals for the training
- Logistics of your F-words training (participants, timing, etc.)
- Specific content to be included (e.g., F-words + goal setting)

“Having personal experiences delivered by parents was powerful and helped make F-words more meaningful and relatable. Helps to see how it can be applied to service delivery and help with goal setting.”

Family Introductory Webinar

Duration: 1 hour/ Timing: 1 week prior to training

If your program/organization chooses to involve family partners in the F-words training, we provide a separate family webinar before the first training session to introduce family partners to the F-words concepts and F-words tools. Family partners are invited to co-present with us in the F-words Foundations I Training Session.

If family partners choose to present with us, they are asked to:

- Complete any of the F-words Tools (Goal Sheet, Profile, Collage) prior to the F-words Foundations I Training Session
- Share their tools during the 'Family Voices' section of the F-words Foundations I training session.

First Training Session: Foundations I

Foundations I

Duration: 2 hours / Timing: Flexible

This first training session provides foundational information about the F-words.

Content covered includes:

1. Background to the 21st-century concepts and changes in the field of health and disability
2. Overview of the International Classification of Functioning, Disability, and Health Framework (ICF)
3. Introduction to the F-words for Child Development
4. Application of the F-words and families' perceptions
5. Exploration of the F-words Knowledge hub and the F-words tools and resources that are available to support application of the F-words in practice

This session is a mix of didactic and interactive teaching methods.

After this session, attendees will have an understanding of the conceptual foundation of the F-words, what the F-words are, and examples of how to use and apply the F-words in practice.

“Parent participation gave the presentation a new angle to learn from. I found filling out the initial activity #1, we were basing everything from a strength based perspective. Liberated instead of confinement!”

Second Training Session: Foundations II

Foundations II

Duration: 2 hours / Timing: Same day as Foundations I or 1-2 weeks after (exact timing is flexible)

The second training session is more flexible and tailored to your program's/group's needs.

Content of Foundations II may include:

1. Examples of organizational implementation of the F-words and how the F-words have been tailored and applied across a myriad of programs and populations.
2. A choice of a variety of specific content regarding F-words application, including, but not limited to: F-words and goal-setting; application of the F-words specific to your program/organization (e.g., Coordinated Service Planning, Infant and Child Development); F-words and family-centred service; and F-words implementation in the education system.
3. Program evaluation and strategies to support sustainability/scalability of the F-words within your organization.

After this session, attendees will have an understanding of how to implement the F-words in their program/organization.



"The activities involved helped to brainstorm the bigger picture of the framework we learned. I look forward to implementing these key F-words to help better our programs and supports to families."

Post-Training

Training Evaluation Report

As part of the F-words Foundations Training Program, you will receive a final and confidential evaluation report available after completion of both training sessions. Our research team will send a survey link to all attendees to evaluate the content and presentation of the program materials, which we then collate and provide to you in a written report. The evaluation report is provided within one month after completion of the training sessions.



Post-Training Follow-Up (1-2 hours)

The CanChild F-words Research team offers a three-to-six months follow-up with your planning team to discuss F-words progress and application to date, next steps, and barriers/facilitators to implementation.



“Great information presented and lots of resources both in hard copies and available online. Presenters were interactive and knowledgeable. Enjoyed the portion of real life stories from parents to explain information.”

Contact and Cost

How much does F-words Foundations Training Program Cost?

The training program can be tailored to meet the training needs of your program/organization. As such, training costs are subject to change. Please contact fwords@mcmaster.ca for further information.



"Until I started using the F-Words, I didn't realize how I too was using deficit-based language to describe my child. Telling my child and our family's F-Words story has fundamentally changed the conversation we have with our child's team."

For more information about CanChild's F-words training program, or if you have any questions, please contact **fwords@mcmaster.ca**