



F-Words for Child Development



	Family Children live and thrive in the comfort of their home with their families. The family is the expert on their child. Talk about the types of activities you want to do together and how the team can help your child participate fully in those experiences.
	Fun Fun is an essential part of childhood. Talk about the activities your child enjoys most and ones they want to try.
	Friends Building supportive friendships and positive social relationships are important for all children. Talk about the social connections in your child's life so the team can help you grow those relationships.
	Function Function is the ability to do an activity with or without support. Encourage your child's development by doing activities without focusing on the outcome. Talk about how your child plays and functions in their daily life.
	Fitness Health is related to staying physically and mentally fit. Your child and family team will want to know what makes it easy or hard for your child to become and to stay active and healthy.
	Future Keeping your child's future on the horizon is what child development is all about. Talk about your family and child's dreams and expectations about the future.

The F-words for child development (Family, Fun, Friends, Function, Fitness and Future) are important to all children's development and remind us to focus on what children can do.

The F-words highlight the importance of all of the elements of a child's health and well-being including social relationships and meaningful participation at home, in school, child care and in the community.

Your consultant will work closely with you to create a Family/Centre Plan based on the F-Words for child development. It will highlight and emphasize your child's strengths and interests and your family's values.

Use and talk about these words at home, school, and child care, in the community and at health appointments.

The F-Words for Child Development is based on research and built on the World Health Organization's International Classification of Functioning, Disability and Health Framework.

Rosenbaum, P., & Gorter, J.W. (2012). The 'F-words' in childhood disability: I swear this is how we should think! *Child: Care, Health and Development*, 38(4), 457 – 463. DOI: 10.1111/j.1365-2214.2011.01338.x; CanChild's F-words Knowledge Hub: www.canchild.ca/f-words