



# The 'F-words' for Child Development

Dear Parents...

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

These are six F-words (**F**unctioning, **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.

**Functioning:** Refers to what people do – how things are done is not what is important.

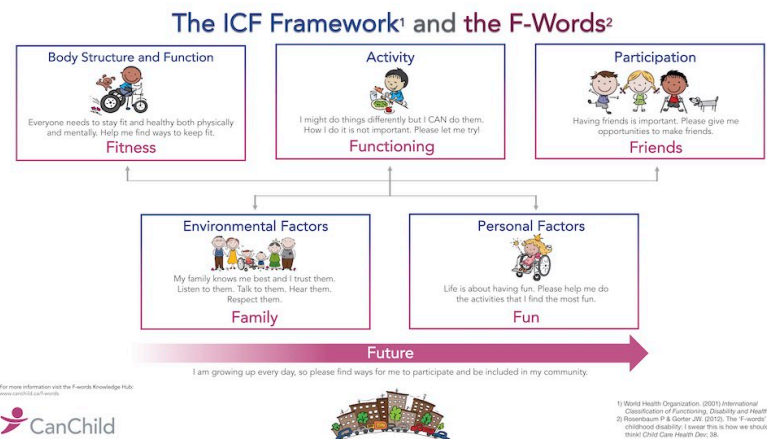
**Family:** Represents the essential environment for all children.

**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.



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

## Tips for using the F-words!

- Focus on your child's abilities, talk to the school team about what your child **can do** and their **strengths** to help achieve school goals.
- **Complete the F-words advocacy letter to give the school team** as a way to begin engaging with your child's school service providers.
- Complete the **F-words tools** with your child to showcase to the school team what your child enjoys (e.g., what they do for **fun**, how they **stay active**, and their interests to help with **participation and friendships**).
- Always think about your **child's future**. Complete the **F-words goal sheet** with the school team to establish school-based goals for your child.

# 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 your child and share this with the school team to show them what is important to your child.

**Collage:** Make an F-words collage with your child! This provides a visual way to show the school team what is important to your child.

**Profile:** Complete the F-words profile to give to the school team to keep for your child's file.

**Goal Sheet:** Work with the school team to prepare school-based goals for your child based on the F-words. Discuss why these goals are important for you and your child.

**Advocacy letter:** Create your own advocacy letter when your child is beginning a new school or at the beginning of an IEP meeting. Fill in the letter and hand it in with the other F-words tools for your child's file.

### F-words Profile template:



The F-words Profile template includes a photo box, a title 's F-words Profile', and fields for Birthday, Town, and Languages. Below these are six large text boxes for: FUNCTIONING (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...). The CanChild logo and copyright information are at the bottom.

### F-words Agreement template:



The F-words Agreement template includes a photo box, a title 's F-words Agreement', and fields for By: and Age:. Below these is a copyright notice and six sections: FUNCTIONING, FAMILY, FITNESS, FUN, FRIENDS, and FUTURE, each with a short paragraph of text. The CanChild logo and copyright information are at the bottom.

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](http://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 @ [fwords@mcmaster.ca](mailto:fwords@mcmaster.ca)

