

# F-words for Child Development



A Collection of  
Guiding Questions to Support  
the Development of Emotional Wellbeing





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F-words Knowledge Translation and Research  
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# F-word's Overview

There are six F-words (**Functioning**, **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). These F-words focus on six key areas of child development and represent the most important elements of children, youth, and families' physical and mental health.

## FUNCTIONING:

refers to what people do; how it is done is less important

## FAMILY:

the essential environment of all children and youth

## FITNESS:

refers to physical and mental wellbeing

## FUN:

includes activities that people enjoy

## FRIENDS:

refers to the friendships established with others

## FUTURE:

includes what is important to you in life

## The F-words and ICF Framework can be used:

- to promote conversation between the family, child/youth, and service providers
- to set goals, highlight strengths, and discuss needs
- at home, at school, in the community, in health care settings ... everywhere!

# The ICF Framework<sup>1</sup> and the F-Words<sup>2</sup>



For more information visit the F-words Knowledge Hub:  
[www.canchild.ca/f-words](http://www.canchild.ca/f-words)



<sup>1</sup>) World Health Organization. (2001) *International Classification of Functioning, Disability and Health (ICF)*  
<sup>2</sup>) Rosenbaum P & Gorter JW. (2012). The 'F-words' in childhood disability: I swear this is how we should think! *Child Care Health Dev.* 38.

# Guiding Questions

Some days are awesome, some days are not, and some days are in-between. These strengths-based questions are suggestions to help guide a conversation toward the most important parts of each child, and what strategies or supports might help.

## FUNCTIONING

- Describe a time in your day when you need or want help.
- How do/could you communicate if you need help?
- Is there anything that helps/could help you function better through your day?
- When you don't feel well, can you share what that is like?
- What helps you make sense of something new (e.g. words or pictures)?
- What helps you/could help you when you are stressed?

## FAMILY

- Family can include all kinds of different people in your life. Who is part of your family? Who do you live with?
- Is there anything special that you want to share about your family?
- Can you tell me about any special things you do as a family?
- Who can you talk to in your family about how you are feeling?

## FITNESS

- How do/would you like to exercise your body?
- What activities keep your mind active? Any favorite brain-boosting games or challenges you enjoy?
- Are there any new sports or activities that you want to learn?
- What activities do you enjoy doing or watching?
- Do you need help with healthy habits (sleeping, eating, and movement)?

## Consider follow-up responses such as:

- Can you tell me more?
- Is there anything we missed?
- Is there anyone we are missing in this conversation?

# Guiding Questions

Some days are awesome, some days are not, and some days are in-between. These strengths-based questions are suggestions to help guide a conversation toward the most important parts of each child, and what strategies or supports might help.

## FUN

- What do you do for fun?
- What's your favourite thing to do?
- What is something that makes you smile?
- Can you tell me about something that made you laugh out loud?
- Are there times when you're having fun but also feel upset inside?
- Is it easy or hard to find something fun to do?

## FRIENDS

- What do you think makes someone a friend?
- Do you have someone like that in your life?
- Do you enjoy being with your friends?
- What kinds of things are/would be fun to do with friends?
- Do you have friends who make you laugh?
- Sometimes kids don't get along. Has that happened to you?

## FUTURE

- What does your ideal or perfect day look like?
- What are you looking forward to in the coming year?
- What do you imagine doing or being someday? Do you ever share this idea with others?
- What helps you get excited about the future?

## Consider follow-up responses such as:

- Can you tell me more?
- Is there anything we missed?
- Is there anyone we are missing in this conversation?



# Favourites & Feelings

Our bodies and our minds can respond in different ways to different feelings. There are things each of us might like to do that help us with our feelings. Think about a time when you've been angry, frustrated, sad, nervous, happy, or excited. Maybe there's been a time when you didn't know what you were feeling. What did you do? Can you describe some favourite things to do to help with your feelings?

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