The F-words in Child Development

Dear Parents…

Have you heard of the F-words in 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.

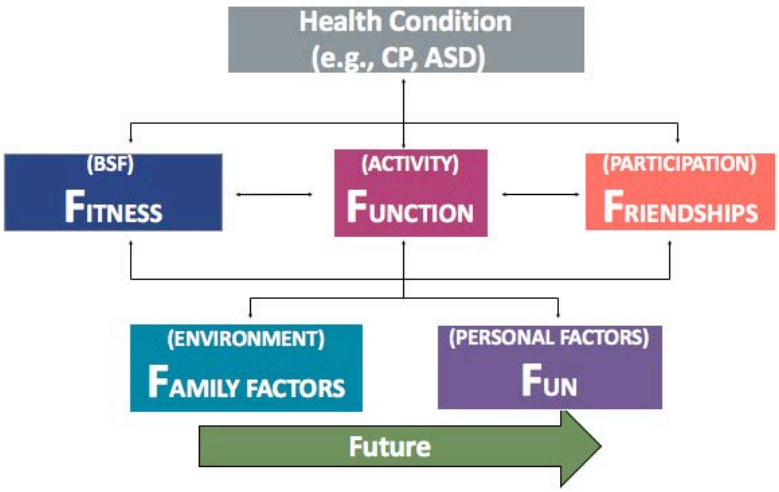
Function: Refers to what people do – how things are done is not what is important.

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.



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.

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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.

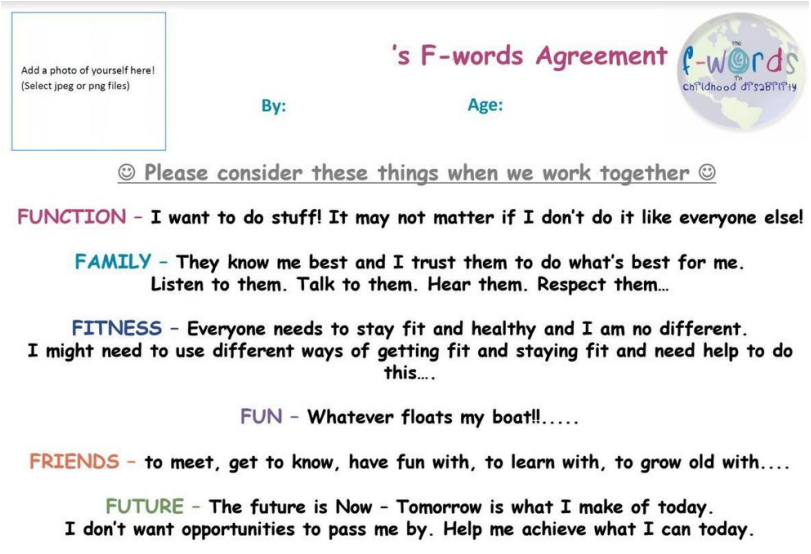
Collage: Make an F-words collage with your child! This provides a visual way to show the school team what is important to your child.

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 Agreement tool template:


Add a photo of yourself here! (Select jpeg or png files)

's F-words Agreement

By: Age:

☺ Please consider these things when we work together ☺

FUNCTION – I want to do stuff! It may not matter if I don't do it like everyone else!

FAMILY – They know me best and I trust them to do what's best for me. Listen to them. Talk to them. Hear them. Respect them…

FITNESS – Everyone needs to stay fit and healthy and I am no different. I might need to use different ways of getting fit and staying fit and need help to do this….

FUN – Whatever floats my boat!!.....

FRIENDS – to meet, get to know, have fun with, to learn with, to grow old with....

FUTURE – The future is Now – Tomorrow is what I make of today. I don't want opportunities to pass me by. Help me achieve what I can today.

F-words Profile template:

Add a photo of yourself here! (Select jpeg or png files)

's F-words Profile

Birthday:

Town:

Languages:

FUNCTION (My strengths or how I do 'stuff'…):

FAMILY (My family is…):

FITNESS (I stay fit by…):

FUN (I like…):

FRIENDS (My friends are…):

FUTURE (My goals are…):

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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

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