

# The F-words in Child Development

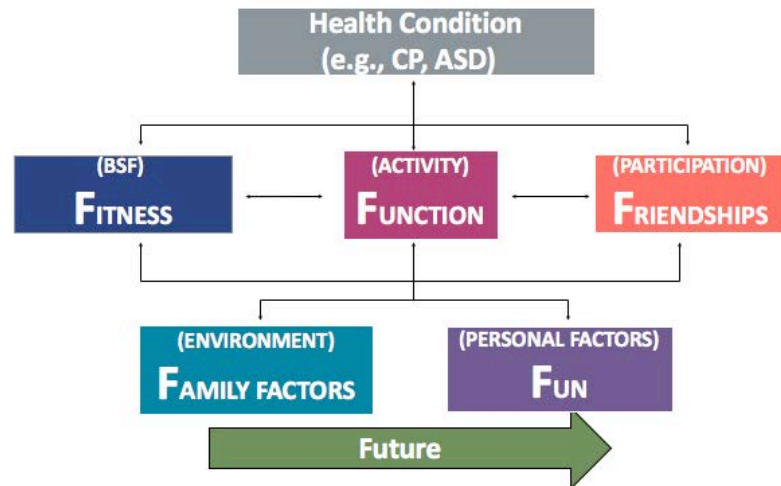
## Dear Educators...

### Have you heard of the 'F-words' in child development?

These are six 'F-words' (**F**unction, **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.

- **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.

Learn more about the F-words at:  
<https://www.canchild.ca/f-words>



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

### Tips for using the F-words at school!

- Put up the **F-words poster** in your class, send out the **F-words educator tip-sheet** and this **newsletter** to co-workers.
- Complete the **F-word tools** as an in-class activity. This is a great way to find out what is important for students!
- Focus on the child's abilities, talk about what they **can do** and their **strengths** to help achieve school goals.
- **Encourage participation** in classroom activities. Find ways to make the child (and all students) feel comfortable participating.
- **Encourage Daily Physical Activity (DPA)** throughout the day at school!
- Keep the family updated on the child's success and progress at school (e.g., phone calls or emails). **Encourage families** to complete the **F-words tools** with their child.
- Always think about the **child's future**. Use the **F-words goal sheet** as an in-class activity or complete it with the family to determine

# 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 the child or encourage parents to fill this out as a way to share what is important to the child with the school team!

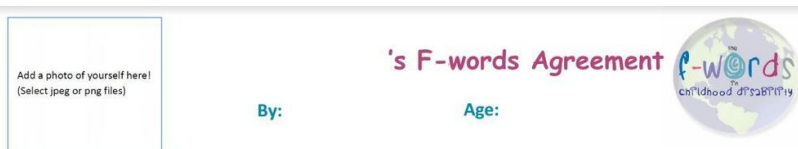
**Collage:** Encourage families to create an F-words collage with their child - or make it a class activity! Discuss why the pictures are meaningful to them.

**Profile:** Have the profile for the child's school file. Work with families and encourage them to create an F-words profile for their child.

**Goal sheet:** Work with families to prepare school-based goals for the child based on the F-words. Discuss why these goals are important for the family and child.

**Advocacy letter:** Familiarize yourself with this letter and encourage families to use the template to create their own!

### F-words Agreement tool template:



The form is titled "'s F-words Agreement" and features the F-words logo. It includes a box for a photo with the instruction "Add a photo of yourself here! (Select jpeg or png files)". Below the photo box are fields for "By:" and "Age:". A copyright notice at the bottom reads "© 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...

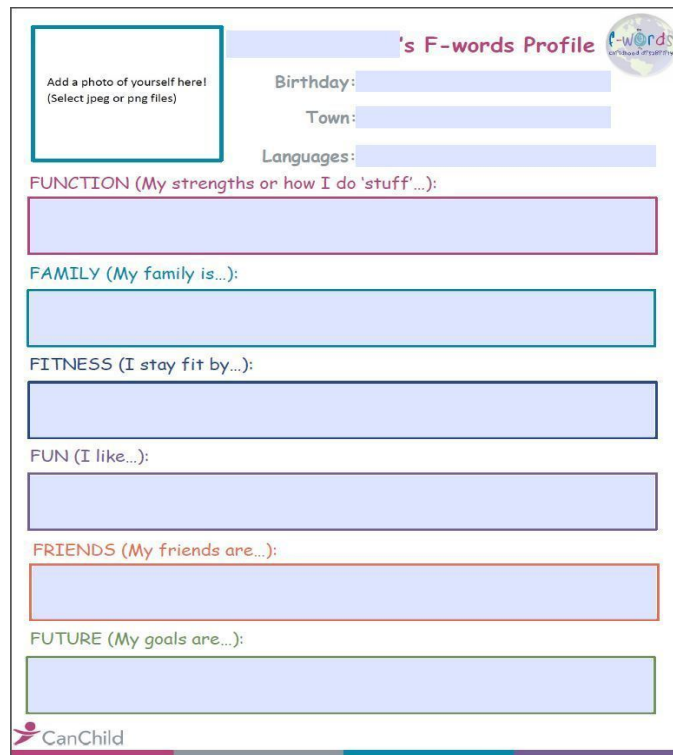
**FITNESS** - Everyone needs to stay fit and healthy and I am no different.  
I might need to use different ways of getting fit and staying fit and need help to do this...

**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:



The form is titled "'s F-words Profile" and features the F-words logo. It includes a box for a photo with the instruction "Add a photo of yourself here! (Select jpeg or png files)". Below the photo box are fields for "Birthday:", "Town:", and "Languages:". The form contains several text boxes for the following sections: "FUNCTION (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 is 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 @  
[canchild@mcmaster.ca](mailto:canchild@mcmaster.ca)

