



The F-words for Child Development is a strengths-based approach used to inform child health and developmental services. Its ideas are grounded in the World Health Organization's International Classification of Functioning, Disability and Health (the ICF) framework. This holistic, family-centred approach encourages us to focus on factors that are important to all children's development - their participation, activities, and environment.

We encourage families to fill out the profile on the second page of this handout and bring it to the first appointment so we can get to know your child and family better and can make goals that are relevant and motivating.

Let us introduce you to the F-words:

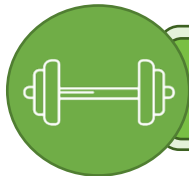


FUNCTIONING

I might do things differently, but I CAN do them. How I do it is not important. Please let me try!

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.

FAMILY



FITNESS

Everyone needs to stay fit and healthy, including me. Help me find ways to keep fit physically and mentally.

Having childhood friends is important. Please give me opportunities to make friends with my peers.

FRIENDS

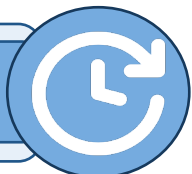


FUN

Childhood is about fun and play. This is how I learn and grow. Please help me do the activities that I find the most fun.

I will grow up one day, so please find ways for me to develop independence and be included in my community.

FUTURE



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

F-words Knowledge HUB: www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability

F-Words E-Learning Modules: <https://canchild-fwords.ca/>

Partners 4 Planning: P4P empowers people with disabilities and their families with FREE resources to create meaningful lives and secure futures, firmly rooted in community. <https://www.planningnetwork.ca/>

Ask your service provider about what other supports are available and relevant for your child and family.



