

The Six F-Words for Child Development

1



FUNCTIONING

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



2

FAMILY

My family knows me best and I trust them. Listen to them. Talk to them. Hear them. Respect them.

3



FITNESS

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



4

FRIENDS

Having friends is important. Please give me opportunities to make friends.



5



FUN

Life is about having fun. Please help me do the activities that I find the most fun.



6

FUTURE

I am growing up every day, so please find ways for me to participate and be included in my community

<https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability>