

The Six F-Words for Childhood Disability

1



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



2 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.

3



3 FITNESS Everyone needs to stay fit and healthy, including me. Help me find ways to keep fit.



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

5



5 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.



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

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

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