

What is the Favourite F-Words Life Wheel?

The Favourite F-words Life Wheel was developed by Occupational Therapists Lucy Charles and Arul Hamill (Paediatric Occupational Therapy and Physiotherapy, New Zealand, Aotearoa) in conjunction with CanChild. In 2011, Rosenbaum and Gorter¹ developed the CanChild six F-words (Favourite Words) that focus on childhood development domains - Function, Family, Fitness, Fun, Friends, and Future. These F-words build upon the World Health Organization's (WHO's) International Classification of Functioning, Disability and Health (ICF) framework. CanChild hope that the use of these words encourages a more strengths-based and inclusive way of thinking about child development. Building on the work done by Rosenbaum and Gorter and CanChild, Lucy and Arul developed the Favourite F-words Life Wheel. This is an approach that incorporates coaching techniques and tools to enable children and families to feel connected and have a voice, to share what is important to them in their given contexts and situations and to envisage what they would like more of. This then feeds into developing meaningful next steps or goals to share with teachers and service providers.

Parents and children can complete the wheel for themselves. If used by professionals we would suggest training in this approach to ensure connection, enable reflection, and build on the child and family's knowledge, by empowering and valuing their resourcefulness. For more information about Favourite F-Word Life Wheel training click on www.paediatricot.co.nz

The aim of the Favourite F-Words Life Wheel:

- To give children and families a framework and a voice to express their hopes, dreams and next steps or goals.
- To prompt children, their families and caregivers, teachers, or service providers to think about all areas of life.
- To measure current satisfaction across all dimensions of life domains in different settings.
- To help identify what is going well and what they would like to do more of in their lives.
- To develop a vision for the future and to identify next steps towards a future vision through meaningful goal setting and intervention planning.

Information for children and families on how to complete the F-Words Life Wheel:

- **The wheel can be complete by a child, parent, or caregiver either together or individually:** Before completing the wheel, think about whose voice you are capturing.
- **Choose where to start on the wheel:** Use the scale of 1-10 (where 1 represents dissatisfied and 10 is fully satisfied). Put a circle on the number to rate how satisfied you are in each area of the Favourite F-words Life Wheel.
- **Complete the boxes thinking about the following questions:**
- **What is happening now?** What is going well in each area? What would you like to do more of? What would you like to change?
- **Your vision:** How would you like it to look? If your score was a 10, what would it look like? What would it look like if it was a number higher? What would be happening? What would increase your satisfaction in this area?
- **Next steps:** What would help move this towards a 10? What could you do to help this move? What could others do to support this?
- **Action plan:** What are your next steps or action plan? What is your first step? What is doable now? and how can you action this?

Favourite F-words Life Wheel: For Children, Families, and Caregivers.

Future

Family

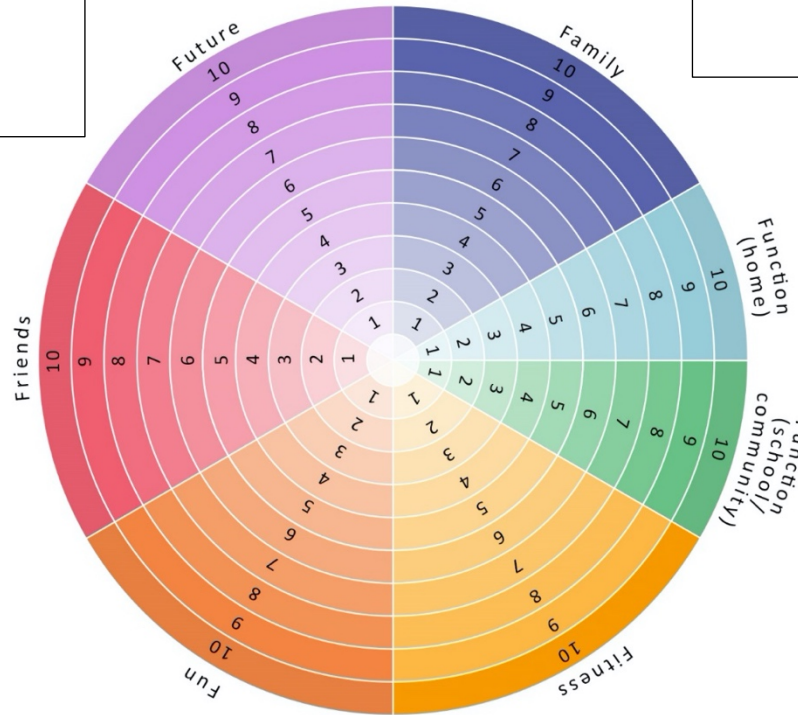
Friends

Function at home

Function at School/ Community

Fun

Fitness



Definition of F- words:

F- word	Examples for consideration in each specific area:
<p>Function: Refers to what people do. How things are done is not what is important. Synonyms include 'role', 'job', 'task', etc. (for children, 'play' is their 'work'). Within the F-Words Wheel, function has been divided into (i) home and (ii) school/community to allow children and families to think about different roles and tasks in different settings.</p>	<p>Think about 24-hour period and the things that your child needs or wants to do at home. This may include self-care, eating meals with family, sleeping, doing chores, playing, getting ready in the morning.</p>
<p>Function at school/preschool: Think about your child's roles at school or kindergarten and the tasks they need to do there: Play, learn, self-manage, participate, and contribute. Function in the community: This is specific to your child and family's community, culture, and environment.</p>	<p>School/Preschool: Getting to school or kindergarten, access, participating in class, going to the toilet, eating lunch, relating to others, communication, listening and contributing in class, academics, writing, play. Community: church, local community, scouts, after school activities, Cultural groups (in NZ, consider Marae).</p>
<p>Family: represents the essential 'environment' of all children.</p>	<p>Family unit and extended family (In NZ consider whakapapa-based whānau and kaupapa-based whanau). Whāngai (foster children), carers, nannies, grandparents, siblings, cousins, or important people in the child's life.</p>
<p>Fitness: refers to how children stay physically active, including exercise and other recreational opportunities.</p>	<p>Health and fitness, exercise, fresh air, biking, walking, swimming, sports, team games, jumping on trampoline.</p>
<p>Fun: includes particular activities in which children are involved or enjoy participating in.</p>	<p>Think about what makes your child laugh, smile, or have fun: at home, afterschool, at weekends, with friends, family, extended family, clubs. Their interests, passions, or favourite things and ways of connecting and having fun.</p>
<p>Friends: refers to the friendships established with peers; social development is an essential aspect of personhood.</p>	<p>Friends at school/ Kindergarten, family friends, bullying, local friends, friend through activities. Interest in friendships, availability of friends.</p>
<p>Future: is what child development is all about; it refers to parents and children's expectations and dreams for their future.</p>	<p>Future into adult life or near future: The future can be about tomorrow, next week, next year or the future into adult life. What are your hope and dreams? What are the next steps for developing independence? future school/ classes? and transitioning into adulthood.</p>