

# CEREBRAL PALSY: The Six 'F-Words' for CP

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.

**World Cerebral Palsy Day**  
worldcpday.org

Proudly supported by The Allergan Foundation

Based on 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. Visit <https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability> for more resources.