

Legacy for Children™: Is it right for you?

Learn about Legacy for Children™ and see if you are ready to implement this parenting intervention in your community

Intervention

Legacy for Children™ (*Legacy*) is an evidence-based, parent-focused public health intervention approach aimed at improving child outcomes by fostering positive parenting among low-income mothers of infants and young children. Specifically, the intervention goals are to:

- Promote maternal responsibility, maternal investment, and maternal devotion of time and energy
- Promote responsive, sensitive mother-child relationships
- Support mothers as guides to their children's behavioral and emotional regulation
- Promote mother's facilitation of their children's verbal and cognitive development
- Promote mothers' sense of community



Legacy goals are achieved through weekly parent and parent/child group meetings, one-on-one sessions to reinforce content, and participation in community events. Designed as a primary prevention strategy, the two versions of the *Legacy* curricula begin: prenatally to 3 years of age (e.g. UCLA curriculum) or at birth to 5 years of age (e.g. University of Miami curriculum).

Expectations for Healthy Start *Legacy* Implementation

- Commit to fidelity: deliver the evidence-based *Legacy* program as designed, and only make changes to the program in consultation with CDC
- Participate in the full *Legacy* Train the Trainer workshop (4.5 days) prior to implementation

Are You *Legacy* Ready? – Readiness Discussion Questions and Criteria Associated with Success

Use the following questions as a guide to help determine your Healthy Start agency's readiness to start *Legacy*. These questions can also help you determine potential resources and barriers for starting *Legacy* in your community.

- Does your program serve low-income mothers of young children (birth to five years)?
- Is there a need in your community for a program to build supportive connections between mothers?
 - What are the existing parenting programs in your community?
- Is there a need to strengthen parent-child relationships while supporting mothers to make their own choices for their families?
- Do you have staff that could be trained to deliver the *Legacy* program in a five day pre-implementation training?
- Do you have staff that could implement the program weekly for three to five years?
- Is your agency committed to delivering an evidence-based program and only making changes to the program in consultation with CDC? This commitment must be shared by you, your leadership team, managers, potential implementers, and other program staff.
- Does your agency have existing supports to address the common attendance barrier of transportation?
- Do the *Legacy* goals (*on the previous page*) support elements of your agency's strategic plan?
- What resources does your agency have related to the areas covered below?

The following criteria associated with implementation success can also help you determine your agency's readiness.

Enrolling Families:

- A large enough recruitment pool of children/infants within two months of age (ideal group size is 7-10 families; 15-20 families per group should be recruited to reach this size)
- Families should be low income/low resourced (e.g., Medicaid, Temporary Assistance for Needy Families [TANF] or Head Start eligible)
- Mothers should have primary, physical custody of the child
- Mothers should be comfortable participating in an intervention in English

Personnel/Staffing:

- Sufficient staffing and staff time is available to prepare and implement weekly two-hour group

Group leader qualifications

- Bachelor's degree, preferably in the field of social science (e.g., child development, psychology, education, sociology) or equivalent experience
- Experience working with children for a minimum of two years and mothers from low-income households
- Interpersonal skills and the ability to work with a multidisciplinary team
- Openness to learning new strategies related to child development, early intervention, and parenting

Group supervisor qualifications

- Knowledge of early child development, the agency's human resources and employee policies, and the agency's procedures for scheduling facilities and procurement of material goods
- Experience working with the families and children served by your agency, facilitating groups of mothers on parenting topics, and supervising staff involved in early intervention programs

Childcare staff qualifications

- Experience working with and a love of young children
- Respect for cultural diversity
- Enthusiasm and eagerness to learn about the *Legacy* philosophy

Space:

- A child-friendly and attractive space for mothers and babies
 - One room for childcare and one for mother meetings
- Consistent access during the days and times your intervention is scheduled
- Privacy, so participants feel that they can share openly
- Storage space for materials and supplies

Supplies:

- Discretionary fund or ability to procure supplies as needed
- Office and art supplies, developmentally appropriate books and toys, and curriculum readings and DVDs
- Food items (e.g., incentives, activities, and rewards)
- Equipment (e.g., computer, DVD player or VCR, access to copy machine, and camera)

Additional information on Legacy for Children™:

www.cdc.gov/ncbddd/child/legacy.htm

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