LEGACY
FOR CHILDREN™
QUICK GUIDE

Information for Implementers

You may be assessing whether your agency is ready to implement the Legacy for Children™ (*Legacy*) parenting program. This document will help you learn about the steps and requirements involved in running a *Legacy* site.

Learn About

- **Participants**
- **Staffing**
- **Forming groups**
- **Associated costs**
- **Curricula**
- **Session structure**
- **Required resources**

Additional information about the *Legacy* program can be found at https://www.cdc.gov/ncbddd/childdevelopment/legacy.html

Who should participate in *Legacy?*

The *Legacy* program is designed for low-income mothers who have at least one child less than three years of age. *Legacy* has been tested and shown to be effective with this group of mothers.

- Ideally, mothers join *Legacy* while pregnant or when their child is an infant so they can enjoy the benefits of the full program
- *Legacy* was not designed or tested for fathers or non-custodial caregivers

Legacy participants should be

1. The primary, custodial caregiver of their child
2. From a low-income background
3. Over the age of 18 years
4. Ready to identify one "*Legacy* child"
   a. The *Legacy* program is designed to focus on a single mother-child pairing in the family
   b. The "*Legacy* child" should be an infant

What does the *Legacy* curriculum look like?

There are two evidence-based versions of the *Legacy* model. One curriculum was developed at the University of California, Los Angeles (UCLA) and the second at the University of Miami (Florida; UM). Both curricula adhere to the *Legacy* model and include three components: 1) mother-only and mother-child group sessions, 2) periodic one-on-one time between the Intervention Specialist and the mother, and 3) community building events. The two versions of *Legacy* are described in the table below:

	UCLA	UM
Curriculum	• Based on *Legacy* goals • Sequential and developmentally ordered • Repeated coverage of the same topics varies by developmental stage	
Group Size	Approximately 10 mothers	
Child Age	Prenatal to 3 years	6 weeks to 5 years
Session Recurrence	Three blocks of 10 weekly sessions (each year) with home visits during breaks	Weekly
Session Length	2 hours (including Family Unity Network [FUN] Club or mother-baby free play)	1.5 hours
Parent-child Component	Alternates mother-only group sessions with mother-child group sessions	Mother-child time is a component of every group session
Community Building	Family Unity Network (FUN) Club	Building Sense of Community (BSC)
Session Structure	(Alternating components) • Main Session Topic • FUN Club or Mother-Child Interaction Time	(Each session) • Building Sense of Community • Main Session Topic • Parent-Child Time Together

Both curricula follow the developmental age of the child and repeat themes across years. Examples of session themes include the following:

- **Attachment**
- **Language**
- **Social skills**
- **Discipline**
- **Literacy**
- **Health and safety**
- **Play**

Sessions are interactive, hands-on, and use a multi-media approach. Learn more about *Legacy* curriculum content by reading sample sessions provided on the *Legacy* webpage.

How do I staff my *Legacy* group?

There are two main staff positions in *Legacy*: the group leader and the group supervisor. The role of the group leader is to facilitate and guide the group through the *Legacy* curriculum. The group leader also serves as a role model for the group, demonstrating appropriate interaction skills and behaviors.

The group supervisor acts as a support system for the group leader. While the group leader is the face of *Legacy* on the front lines, the group supervisor helps everything run smoothly behind the scenes.

Although the group leader and supervisor are the primary staff positions in *Legacy*, successful implementation requires organizational acceptance of *Legacy* and involvement of all staff—from the individual who closes the building at night to the organization CEO.

How are *Legacy* sessions structured?

Every *Legacy* group session follows a similar basic format. Knowing the structure of a *Legacy* session will help you facilitate a successful *Legacy* group.

OPENING
At the start of each session, the group leader greets mothers and provides time for questions and announcements. Mothers can talk, ask questions, and describe parenting challenges and successes they have had in the week since they last met. This allows mothers to strengthen interpersonal bonds with the other group members and shift their focus from everyday life to themselves and their children.

MAIN SESSION TOPIC
Each *Legacy* session is structured around a developmentally timed parenting topic outlined in the curriculum binder. The group leader guides mothers in discussion, facilitates interactions between each mother and her child, and models appropriate behaviors and responses when needed. *Legacy* does not take a classroom-style teaching approach to presenting session content. The group leader can support *Legacy* mothers by stepping back from a teaching approach and encouraging mothers to take the lead in their learning.

ONE-ON-ONE TIME
Legacy sessions provide an opportunity for mothers to interact with their children and practice the skills and behaviors discussed during the main session topic. During this time, the group leader observes, encourages, provides feedback, and models positive adult-child interactions.

CLOSING
At the end of the session, the group leader closes by repeating the key points of the session topic and introducing the topic for the next week. The group leader can also develop a closing ritual to help mothers transition from the intimacy of the group setting back to everyday activities. This ritual can be a song or some other brief group activity that allows group members to get ready to leave the familiarity of the *Legacy* group.

How do I create *Legacy* groups?

You will form *Legacy* groups based on the age of the children in the group to ensure that the range of ages is not too large. This is particularly important for groups of mothers with infants because developmental changes happen very quickly during infancy. The spread of child age may change over time due to group mergers and members leaving; the table below describes the recommended limits for age span within a group.

Recommended age spans for *Legacy* groups

Child Age	Recommended Age Difference Among Children
Birth–12 months	Less than 2 months
12–36 months	Less than 4 months
36–60 months	Less than 6 months

What resources do I need for my *Legacy* site?

Setting up a space for *Legacy* groups is similar to setting up a child care center. Think about safety, access, and privacy while you create your *Legacy* space. Before you start your *Legacy* groups, you will need the following:

- **Meeting space**
- **Developmentally appropriate furniture and toys**
- **Additional materials:**
  - o **Audiovisual equipment**
  - o **Books**
  - o ***Legacy* handouts**
  - o **Art and office supplies**

Some *Legacy* sessions include food-related activities. Food is a great way for group members to bond. Holding *Legacy* sessions around mealtimes can encourage attendance and participation.

You may need additional equipment if your organization has the resources and interest in providing transportation. Providing transportation for your *Legacy* families can help you boost participation and retention in communities where families have few resources and depend on public transportation.

What are the costs associated with *Legacy*?

When your organization receives approval to start the *Legacy* program and participates in three-day training workshop and remote webinars, The Centers for Disease Control and Prevention (CDC) will provide electronic copies of the curriculum, the *Legacy* implementation guide, quality assurance forms and tools, and promotional materials at no charge. The CDC currently provides training and ongoing technical assistance, which are required for new sites implementing *Legacy*.

Your organization will assume costs related to staffing and supplies, which will vary based on existing resources. Supplies used with the curriculum are typical to those found at child care centers or facilities serving families of young children. The CDC also has a lending library of resources referenced within the curriculum available for your organization's use.

How do I monitor program fidelity & quality?

You will use fidelity monitoring tools throughout the program to allow for continuous, seamless quality improvement. These tools are resources to ensure that your program is adhering to the model and can be used for self-reflection and for making quality adjustments to how you run your *Legacy* groups. Monitoring tools provide important information on how your mothers are doing, what worked well or needs improvement, and what opportunities or obstacles may exist in your program. Read the "Fidelity Tools Description" on the *Legacy* webpage to learn more about how to complete the monitoring tools.