

What is the future of Legacy for Children™?

If the project shows signs of success during its early years, we will follow the mothers' and children's progress until the children are young adults.

Depending on the availability of additional funds, the research project will be extended to other locations. New locations will be chosen primarily on the basis of their ideas for reaching new mothers with the **Legacy for Children™** message.

For more information:

Dr. Bertha Gorham, Project Director
RTI International
(919) 541-8026

Dr. Michelle Gross, Principal Investigator
University of Miami
(305) 243-8004

Dr. Judy Howard, Principal Investigator
UCLA
(310) 794-1456

Dr. Ruth Perou, Project Director
Centers for Disease Control and Prevention
National Center on Birth Defects and
Developmental Disabilities
(404) 498-3005

3/03



National Center on Birth Defects
and Developmental Disabilities

1600 Clifton Road (F-35)
Atlanta, Georgia 30333

www.cdc.gov/ncbddd



Legacy
for
Children™

Department of Health and Human Services

What is Legacy for Children™?

Legacy for Children™ is a set of child development research projects sponsored by the Centers for Disease Control and Prevention (CDC).

What is the intent of the research?

This research study will attempt to determine if low-income mothers can improve the long-term developmental outcomes of their children through increased maternal investment of time and energy, and by fostering belief in the power of the parent.

What assumptions does Legacy for Children™ make?

- The quality of the parent-child relationship is more important than any particular experience a parent provides to a child. Through this relationship, parents can have a significant positive influence on both their child's short- and long-term development.
- One critical factor in good parenting is the parents' commitment to and sense of responsibility for making deliberate and thoughtful choices to further their children's welfare. Parenting requires a sustained investment of time and energy.
- Parents can best develop and sustain this type of commitment when they belong to a community of other parents who share a sense of parental responsibility.

What does Legacy for Children™ offer parents?

- Weekly sessions exploring motherhood and its impact on child development
- Opportunity to engage in nurturing and responsive mother/child play time
- Opportunity to share and learn from the parenting experiences of other participants
- Early detection of possible developmental delays through periodic assessment
- Reflection on their goals and dreams for their children
- Occasional one-on-one follow-up visits by the group leader
- Field trips or other activities of interest to mothers of young children
- Special activities for fathers at the Miami research site



In focus groups, **Legacy for Children™** moms have remarked:

"I think all of us feel more confident now that we've started the program. . . Ever since I started the program. . . I have more confidence in myself. Ever since I started meeting [other participants] . . . I love it."

What is the research program and how will the outcomes be measured?

Legacy for Children™ uses a randomized, controlled study design in two locations: Los Angeles (UCLA) and Miami. The UCLA project will begin prenatally and continue until the child reaches age three. The Miami project will run from birth through age five. Periodically, mothers and children will participate in developmental measurements.

Areas of Measurement

Child

Intellectual Development
Social Development
Behavioral Development
Emotional Development

Mother

Self-Efficacy
Parental Commitment of Time and Energy
Parental Behavior
Parental Knowledge, Attitudes, and Beliefs
Family Systems Functioning
Sense of Community

The ultimate outcome measure will be whether the children of Legacy moms do better in the long run than the children in the comparison groups.

National Center on Birth Defects
and Developmental Disabilities

www.cdc.gov/ncbddd/child

Promoting the health of babies, children, and adults,
and enhancing the potential for full, productive living