

LEGACY FOR CHILDREN™

WHAT IS THE PUBLIC HEALTH ISSUE?

The effects of parenting styles on children's developmental outcomes require further investigation to enable more readily available information. CDC is conducting a long-term study of child development at two inner-city research sites (Miami and Los Angeles). This research study will attempt to determine whether low-income mothers can improve the long-term developmental outcomes of their children through increased maternal investment of time and energy and by fostering the belief in the "power of the parent." The CDC community-based early intervention study, *Legacy for Children™ (Legacy)* is a randomized, controlled trial that will test the *Legacy* early intervention model, which focuses on improving maternal self-efficacy, building a sense of community, and increasing parental investment through weekly mothers' groups. These groups provide mothers with a time and place to play with their children, have meetings to discuss their babies' development, and explore their beliefs about parenting. *Legacy* does not provide social services, but instead relies on the strength of each mother to work through her own family challenges with the support and camaraderie of other mothers. The understanding is that each *Legacy* group functions as a time and place for participants to focus on and invest in their children's development.

WHAT HAS CDC ACCOMPLISHED?

- Adapted the main study based on lessons learned in the pilot study.
- Completed recruitment for the study at the University of California at Los Angeles (UCLA) in January 2004 and at the University of Miami in September 2003.
- Completed the intervention phase of the pilot study at UCLA in July 2003.
- Presented process data from the pilot study at national conferences.
- Updated the intervention program for mothers to keep them engaged.

WHAT ARE THE NEXT STEPS?

- Continue to present process data from the pilot study at national conferences.
- Continue to use the Legacy Working Group to guide the study, collect data, and disseminate information as it becomes available.
- Make public a manuscript on methods in the *Legacy* study and on the "Sense of Community in Legacy for Children."
- Publish a manuscript on lessons learned from the pilot study.