

Legacy activities are a large aspect of the practice of child life. According to Boles et al. (2020) legacy results in over 22347 results which resulted in four main themes. The first theme is that legacy is intergenerational and usually associated with the end of life, the second is that legacy show what is known and remembered, the third is that legacy can be expressed through tangible and intangible items, and finally that they are generated by family relationships and experiences (Boles et al. 2020). Legacy activities are great ways to honor a family who had to endure something hard, and a positive way to remember someone or an experience. According to the national survey of children's hospitals on legacy-making activities, building memories to confirm that they have lived and will be remembered is very important to children and adolescents with life-threatening illnesses and conditions (Foster et al. 2012). Knowing that one will not be forgotten is very important in legacy activities as it brings comfort to all (Foster et al. 2012).

The case I chose to create a legacy activity for was Case 1 where the two brothers have a stillborn sister. Recognizing that the brothers will have feelings and responses to the grief they are experiencing and witnessing is very important, especially for Nathan as he is focusing on his mother's grief. This legacy activity will be for the whole family but specifically focus on Nathan and how he can honor his stillborn sister and always remember her. In this activity, we will be creating a shadow box with all of the important things from his sister's pregnancy and birth. This is something that the whole family can have/ display in a place where they never forget what happened. The goal of this activity is to allow the family to remember what happened while letting the boys be involved in creating a memory box. The family will need a shadow box, ultrasound pictures, pregnancy test, cards, blanket from birth, hat from birth, any pictures if of the family and baby if they were allowed time together, any clothes that were purchased, any foot/hand prints that were created at the hospital of stillborn baby, and anything else that holds value to this pregnancy and birth to the family. Once all of the materials are gathered allow the child to place these things in the box while educating him on what they are. For example, handing him an ultrasound photo and talking about how this was his sister's first ultrasound photo where we found out she was a girl. Allow the child to place items in a shadow box how they want to that they feel are important to how they want to display their sibling's belongings. Once all of the items are in the box and the family has had time to reflect on the importance of the items maybe have Nathan choose where the shadow box will be displayed. This activity can be performed in many different settings and can hold great importance to a family as they navigate through a hard time. It can also connect to Erikson's stages of development because for cognitive development this activity can meet a child where they are. It can educate and resolve any confusion and questions that might have while honoring the loved one.

Boles, J., Jones, M., Dunbar, J., & Cook, J. (2020). Defining legacy: The perceptions of pediatric health care providers. *Clinical Pediatrics*, 59(11), 1004-1010

Foster, T. L., Dietrich, M. S., Friedman, D. L., Gordon, J. E., & Gilmer, M. J. (2012). National survey of children's hospitals on legacy-making activities. *Journal of Palliative Medicine*, 15(5), 573-578.