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Post Secondary Education or Training

By Claudette Bouman

An access window to post-secondary education and training, especially via the university route, is closing, if it hasn't been slammed shut already. We are living in an inflationary economy where costs appear to be out of control. Spikes in food bills, housing, transportation, utilities, and car and home insurance are all skyrocketing. What will the immediate and distant future look like for us and our offspring?

To try to make sensible predictions about what's in store and specifically about the costs of education propel us into hazardous terrain. Still, our plans for the future require us to hedge our bets about what the future will look like and how to embrace it. As many a teacher knows, the old adage that those who fail to plan, plan to fail holds wide truth.

One of my favorite classroom activities when I met students in grade 12 English for the first time was to encourage them to discuss their goals after graduation. Invariably, the discussion turned to education choices and finances. Students fell into one of three categories: some couldn't answer exactly, several envisioned going on to university or Nova Scotia Community College, and others anticipated entering the workforce.

Most students knew that without any additional education and/or training, they'd more than likely continue on in one or more of the food or retail service sector jobs they had already undertaken ever since they'd turned sixteen.

Fifty-years is not so far distant that seniors can't recollect it. Two generations ago, across Canada, it was possible for high school graduates living near a university to continue to live at home, pay for university, and emerge after three or four years with a degree as a pathway to a career without the burden of tens of thousands of dollars in debt.

Some people back then trained for vocations as teachers or nurses by entering Teachers' College or nursing school without the requirement of investing in unaffordable university degrees. These pathways have all but dried up as universities have come to monopolize career credentials for aspiring architects, business analysts, physiotherapists, and zoologists.

Today those fortunate enough to have generous parental or other financial support can still pursue post-school education/training plans. But without any real funding, steadily rising tuition, housing, and living expenses are exerting scary financial pressures

on our young people. For far too many, the disappointment of unfulfilled dreams of employment at the end is a painful initiation into adulthood.

Fortunately, Nova Scotia Community Colleges do offer an alternative track forward, other than too expensive university education, providing meaningful relief from a good portion of education debt. As a parent and as a teacher, I have been truly impressed by the growth of the Community College in terms of physical infrastructure and programming throughout Nova Scotia. I do not know who to credit for this positive development but it does benefit high school grads in at least two ways: to enter an accredited career in service and trade or to reduce the time spent in high-priced introductory university courses.

Claudette Bouman retired after teaching for 30 years in Barbados, Saskatchewan, and Nova Scotia. Her memoir, *Failing Forward in Saarland* published by FriesenPress, is available from her at: claudette.bouman@gmail.com. It is sold at Helen Creighton House in Dartmouth, and Atlantic News and Bookmark stores in Halifax.



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NEW BOOK LAUNCH: Failing Forward in Saarland

By Claudette E. Bouman

Failing Forward in Saarland is the memoir of a transplanted Canadian with Caribbean roots, venturing with her husband and their daughter into Saarland, Germany. The memoir describes the year the family spent in this small forested land tucked away in the western corner of Germany on the border to France. Her teenage daughter made the daily commute to attend a lycée in France and her husband spent most days doing research in labs and forests. What was

the mother and wife left to do in the Saarland with next to no knowledge of the German language let alone the Frankish accent? As a career teacher, the author's life had never before been reduced to awaiting the daily home-coming of a daughter and husband. During her year in Saarland, she did much more than that. This book is an entertaining and informative account by an experienced Black teacher of what it means to transplant a family into a foreign country and how to

her story is anything but ordinary — it's a moving, often amusing, and sometimes humbling account of the author's adventures and learning experiences in a largely unknown country without the benefit of fluency in the local language. As the title indicates, the author comes to view these challenges — and even failures — as positive "life lessons in adaptability, strength, and resilience" — failing forward.

Her memoir, Failing Forward in Saarland published by FriesenPress, is available from her at:

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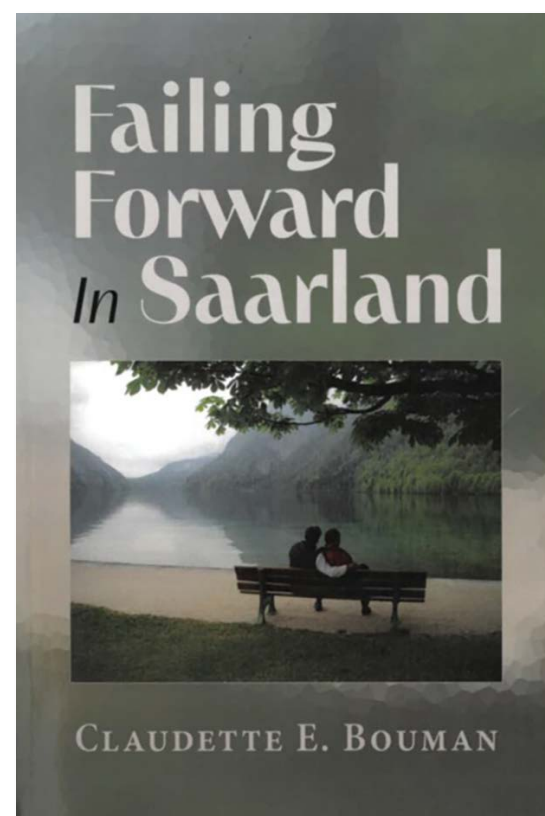
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HRM MLAs and MPs Working Hard for YOU!

A Message from Hon. Leah Martin - MLA for Cole Harbour

Wela'lin for taking a moment to read this piece. My name is Leah Martin, I am a proud member of Millbrook First Nation and the new MLA for Cole Harbour. I was raised in Cole Harbour, it has always been the place I considered home and I was always happy to return to after playing professional basketball overseas. I am very honoured that my community believes in my ability to represent Cole Harbour and would like to thank the community for their confidence in me. I won't let you down.

It is now (hopefully) springtime in Cole Harbour, and Nova Scotia at large. The flowers are blooming as the days are getting warmer and the sun is shining longer. Another beautiful Nova Scotian summer is just around the corner and our wonderful province has so much to offer. Cole Harbour and its adjacent communities have so much to see and do and I implore everyone to enjoy our beautiful Heritage Farm, Rainbow Haven Beach, The Salt Marsh Trail, and of course Cole Harbour Place! While you and your families enjoy some fun in the sun, I won't stop working for Cole Harbour.

We have an incredible community that has raised so many talented athletes like Sidney Crosby and Nathan MacKinnon, professionals and contributors to our province and beyond. I am so proud to raise my two children here. I want to help constituents by listening, and applying feedback that is best for our people and future generations. Please reach out any time, I look forward to seeing you in the community soon!

Leah Martin, MLA Cole Harbour

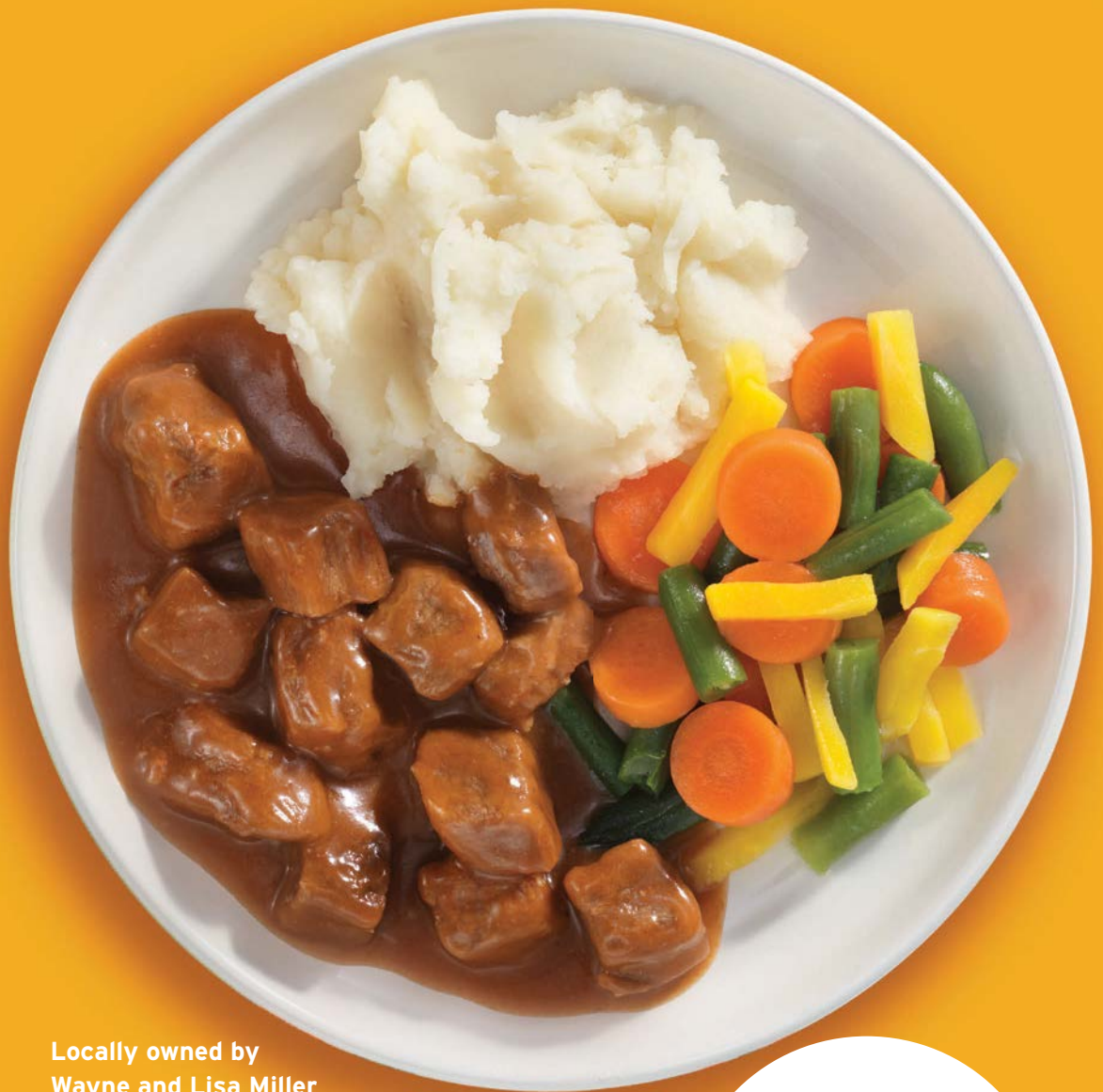
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Congratulations Parent-Child Guide on your 30th Anniversary!

HRM MLAs and MPs Working Hard for YOU!

A Message from Claudia Chender, MLA Dartmouth South

Spring brings fresh air, brighter days, and a renewed energy to get outside and spend time with family. There are countless opportunities to explore Dartmouth together! For 30 years, Parent Child Newspaper has been a trusted and free resource for families, connecting them with local activities and programs. I am grateful for its role in fostering family connections and helping parents and children engage with their community.

Eastern Front Theatre's summer camp at Alderney Landing is a great way for kids to get creative. Campers will explore improv, choreography, singing, and playwriting while preparing for a final group performance in the Alderney Landing Theatre. They'll also enjoy themed days, headshots, and hands-on prop and costume making. New this year is a

special two-week camp from July 28 to August 8 (excluding Natal Day on August 4).

For year-round fun, the North Woodside Community Centre offers programs for all ages across Fall, Winter, and Spring. The Findlay Community Centre, near Sullivan's Pond, is another hub of activity, featuring recreation programs, a fitness centre, and seasonal outdoor equipment rentals.

Families can also take a sunset picnic to Dartmouth Cove, where they might glimpse a seal or other aquatic friends. And as warmer days approach, keep an eye out for the seasonal reopening of the beloved ice cream stand at Grahams Grove, home to the Kiwanis Club of Dartmouth. Dedicated to improving the community for children, Kiwanis supports local initiatives, ensuring families can

Congratulations Parent-Child Guide on your 30th Anniversary!

Claudia Chender
MLA
Dartmouth South

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continue to enjoy this cherished gathering spot.

As we welcome another vibrant spring, we celebrate the joy of connection—whether through shared adventures, creative experiences, or simply spending time together. Here's to another season of making memories with loved ones in our wonderful Dartmouth community!

A Message from Hon. Tim Halman, MLA Dartmouth East

Happy Spring to all constituents and readers of the Parent-Child Guide! Spring is here, and such a wonderful time of year. While it may take the weather a bit longer to catch up, I hope that you are getting out and enjoying the longer days. It serves as a great reminder of all the opportunities in Dartmouth to enjoy outdoor recreation!

I am always grateful to share a small article in the Parent-Child Guide, but this time it is with absolute pleasure that I get to thank and celebrate

Robert and his family for the 30th anniversary of the Parent-Child Guide.

As I'm sure readers are aware, Parent-Child Guide has been HRM Metro's oldest and largest free family newspaper since 1995. Robert has been nothing short of kind, gracious, and patient.

Robert's kindness and patience have not gone unnoticed by my office, and I wish to share this with his readers. Congratulations to Robert, his family and the Parent-Child Guide for the success

Congratulations Parent-Child Guide on your 30th Anniversary!

Timothy Halman
MLA, Dartmouth East

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it has achieved. I wish Robert continued success and I look forward to its future achievements as well. Have a safe and happy Spring!

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Why All Kids Should Go To Camp

Submitted by Royal City Soccer Club

Summer camp is one of the most rewarding experiences a child can have. It's a place where kids not only have fun but also grow in ways that will benefit them for a lifetime. Whether it's a sports camp, an arts program, or a general outdoor adventure, every child can benefit from the camp experience.

One of the biggest advantages of summer camp is that it promotes a **healthy, active lifestyle**. Camps like **Royal City Soccer** provide kids with full days of physical activity, teaching them sports skills while keeping them engaged in outdoor play. In today's world, where screen time often dominates, camp offers a much-needed opportunity for kids to unplug, stay active, and enjoy the great outdoors.

Camp is also a great **social learning experience**. Kids meet peers from different backgrounds, helping them develop important social skills and friendships that can last a lifetime. At **Royal City Soccer**, teamwork is at the

core of the camp experience, fostering communication, cooperation, and inclusivity in a fun and supportive environment.

Beyond social skills, camp **teaches independence and confidence**. Many kids get the chance to try activities they might never have attempted before, from sports drills to team-building exercises. This sense of accomplishment helps boost self-esteem and leadership skills that will benefit them far beyond camp.

Perhaps the best reason for kids to go to camp? **It's simply FUN!** Whether they're scoring a goal at Royal City Soccer, making new friends, or just enjoying the summer sun, kids leave camp with lifelong memories.

If you're looking for an exciting and enriching summer experience for your child, **Royal City Soccer is the perfect place to start.**

It's time to give your child the gift of adventure, growth, and unforgettable fun!

At Royal City Soccer Club, we try to promote all of these benefits of attending camp. Join us at one of our locations in the Halifax area this summer by visiting royalsoccer.com or call 800-427-0536.



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Unlocking the Magic: 5 Compelling Reasons Why Stagecoach Performing Arts Transforms Learning into a Wonderland of Creative Discovery for Your Child

Submitted by Stagecoach

Embark on a captivating adventure of creative expression with Stagecoach Performing Arts, where singing, dancing, and drama converge to create an unforgettable experience for your child. Looking for something fun for the kids to do this year? Here are five compelling reasons why Stagecoach is not just a performing arts class but an engaging, creative adventure

5- Confidence & Creativity!

At Stagecoach, they believe in nurturing the triple threat in every child—singing, dancing, and acting! Their expert instructors provide top-notch classes that inspire confidence and creativity, ensuring your child hones their talents in a supportive and encouraging environment.

4- A Sense of Family!

They understand the importance of positive influences in a child's life. At Stagecoach, their instructors are more than teachers; they are mentors and role models. Their classes are not just a place to learn performing arts; it's a family where every child is valued and encouraged to shine.

3- Friendships!

The friendships formed at Stagecoach are as magical as the performances on stage. Their schools bring together like-minded individuals who share a passion for the arts, creating bonds that last a lifetime. Watch as your child discovers the joy of collaboration and teamwork through shared artistic experiences.

2- The Teachers!

Their dedicated and pas-

sionate teachers are the heart of Stagecoach. With extensive experience in the performing arts, they bring out the best in every child, fostering creativity, self-expression, and a love for the arts. Your child will be guided by professionals who are committed to nurturing their unique talents.

1- Finally, at Stagecoach, they believe that learning should be FUN!

Their classes are designed to be both educational and entertaining, ensuring that every moment is filled with laughter, excitement, and joy. From energetic dance routines to captivating drama exercises, your child will have a blast while developing valuable skills.

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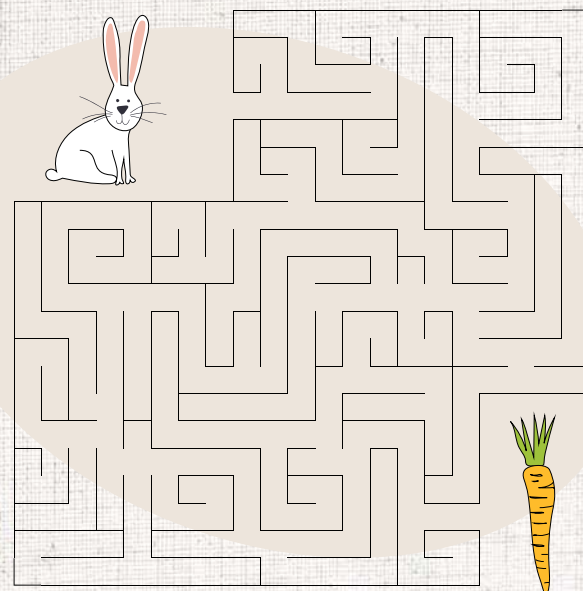
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Wooly Weekend at Ross Farm Museum

Submitted By Rhea Hamlin, Ross Farm Museum

Spring is here, and we are excited to announce that our hours for the Spring and Summer 2025 season will begin on May 5th. The Museum will

be open six days a week, from Wednesdays to Mondays, from 9:30 AM to 4:30 PM. Please note that Ross Farm Museum will remain closed on Tuesdays.

As part of our spring events, we are hosting our annual "Wooly Weekend." This event celebrates the arrival of our new lambs and marks the beginning of the annual sheep shearing. During Wooly Weekend, you can discover the importance of sheep to early settlers and learn about the process of yarn production. We will have live demonstrations of sheep shearing in or near the farm's

workshop.

Visit Rosebank Cottage to watch demonstrations on wool spinning, learn about natural dyes, and even wash some wool. Additionally, the Schoolhouse, the Larder Barn, and the Cooperage will be open for visitors. The Hearth Room Café will also be open for lunch and brunch.

Wooly Weekend marks the beginning of our spring programming. Please follow our social media accounts and visit our website for upcoming events. We hope to see you this season.

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Learn the significance of sheep to early settlers. Interpreters will demonstrate the process of turning wool into yarn.

Health & Wellness

Why More Adults Are Saying “YES” to Orthodontic Treatment

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), The Brace Space Orthodontists



More often than not, when people hear “braces”, they think of their kids. But today, more and more adults are seeking options to improve their own smiles. You might be surprised to know, that in some practices, nearly half of all orthodontic patients are now adults.

So, what is motivating this wave of adult orthodontics? There is now increasing awareness of the importance of oral health to our overall health. A healthy smile involves a functional bite, where the teeth are well-supported, and therefore prevents unusual wear. The bonus is that a healthy smile is also a beautiful smile and by putting your teeth in the proper position you are also giving yourself the smile you dream of!

Despite all the benefits of having your teeth properly aligned, some adults remain hesitant to go through orthodontics. The stigma that braces are for “younger patients” may make them feel uncomfortable or they can’t imagine wearing metal braces. In some cases, they had treatment as teenagers and are reluctant to go through braces twice. Whatever the reason, adults that are seeking consultation with an Orthodontist are pleasantly surprised with what they learn. Not only are orthodontic offices very accustomed to adult patients, but with new advances in technology, the smile of your dreams may be easier to attain than you might imagine!

Conventional braces have improved significantly and there are now fantastic clear options. The revolutionary new LightForce braces

technology are 3D digitally printed braces, that are not only clear, but custom as well, meaning one size fits one. They are now smaller, more smooth and lower profile than ever before, which makes them more comfortable to wear. Conventional braces remain an excellent way to straighten your teeth.

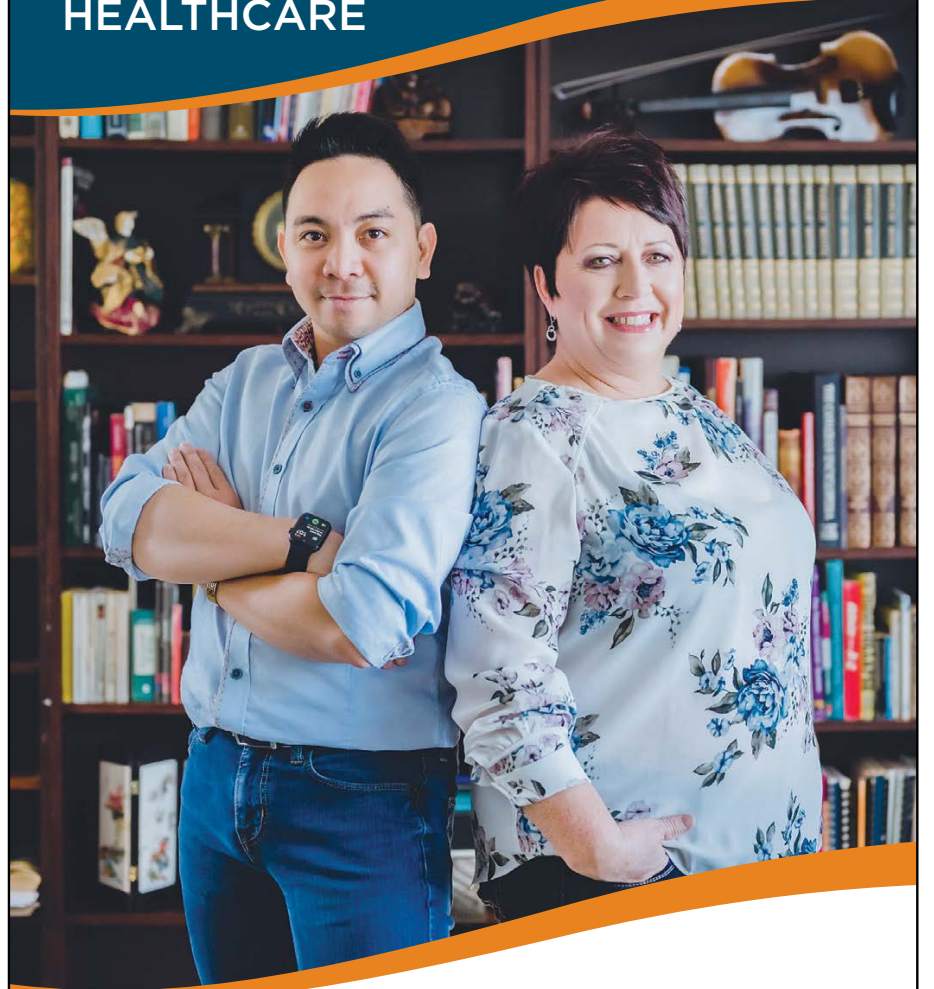
For the more esthetically conscious patient, clear aligners are an exciting alternative to conventional braces. Invisalign is a popular clear aligner product that offers patients a nearly invisible solution for correcting their smile. Orthodontists can seek advanced training to treat even highly complex cases. Many patients who have been previously told they are “not an Invisalign case” are finding they now are. Treatment can begin as simply as having a digital scan from which your

custom-made aligners are made.

The most advanced techniques in Orthodontics are offered right here in our community. Visit your local Orthodontist for a free consultation today and learn about the options that are available for you, and you just might leave smiling!

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with The Brace Space Orthodontists. She is a co-owner of The Brace Space in Bedford (Larry Uteck), Dartmouth, Sackville and Halifax, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902 455-7222.

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Celebrating Our 30TH Anniversary



Publisher's Message

Parent-Child Guide is Celebrating it's 30th Year Anniversary Edition, WOW, Thank You Very Much to Everyone!

Welcome to our Special 30th Anniversary Edition! We are humbled by the support we've received from you, our loyal readers, advertisers, and contributors for the last 30 years.

We are so very grateful to all who have advertised, contributed articles, and read our newspaper. And we're overwhelmed from all

the kind words that readers and advertisers have sent to the *Parent-Child Guide*, without the support we would not be able to provide our readers with local and informative content they have come to expect.

We will continue to provide the quality content you've come to expect from the *Parent-Child Guide* in the future editions.

Once again, from me, my AWESOME WIFE AND CO PILOT Jennifer, and OUR WONDERFUL DESIGNER Denise at the *Parent-Child Guide*, thank you from the bottom of our hearts FOR MAKING OUR NEWSPAPER SO IMPORTANT IN OUR COMMUNITY FOR 30 YEARS.

WITH SO MUCH APPRECIATION... TO OUR VERY LOYAL ADVERTISERS, WRITERS AND READERS OF THE PARENT CHILD GUIDE THANK YOU VERY MUCH AGAIN...

Robert Rockwell
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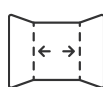
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Education

Why Phonics Builds Better Readers

Submitted by Oxford Learning

Imagine this: your three-year-old has memorized every word of their favourite bedtime story. They are captivated by refrigerator magnets, asking you to name each letter as they line them up. These are the first signs—it's time to teach your child to read!

Starting the reading journey is an exciting milestone. The first step? Take a trip to the library and let your child choose a few books. This builds a sense of ownership and excitement, sparking an early love for reading. But beyond selecting books, the method you use to teach reading plays an even more critical role.

The Debate: Phonics vs. Whole Language

Reading instruction falls into two categories: phonics and whole language. Phonics teaches children

to break words down into sounds, or "phonemes," which are then blended to form words. This method mirrors how children naturally learn language: by listening, distinguishing sounds, and eventually combining them to create meaning.

Whole language, on the other hand, treats words as entire units to be memorized rather than broken down. However, this method can be confusing for young children. Imagine trying to memorize thousands of words by sight alone! This approach can feel counterintuitive for children, relying on memorization instead of comprehension.

Why Phonics Works

Phonics aligns with the way kids naturally learn language. By understanding that words are made up of individual sounds,

they develop the ability to decode new words. This gives them the tools to tackle unfamiliar words independently, boosting their reading confidence.

Phonics also encourages precision and persistence. Rather than guessing a word's meaning, phonics encourages children to "sound it out." This skill translates into better problem-solving and critical thinking abilities in reading and other subjects.

Why Whole Language Falls Short

The whole language approach can limit a child's reading progress because it relies on memorizing entire words rather than breaking them down into sounds. While this method can help children recognize a few familiar



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words, it doesn't equip them to decode new words independently.

Whole language often encourages guessing based on pictures or context,

which can lead to frustration as texts become more complex. Without

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the tools to sound out new words, children may struggle, impacting both their reading skills and their confidence. Over time, this can diminish their interest in reading altogether.

Phonics provides children with a roadmap for understanding words logically. By learning to break words into sounds, young readers gain the skills they need to read independently, building confidence, independence, and a true love for reading.

Building Strong Readers with Phonics

Opt for a phonics-based approach to give your child the best start in reading. Encourage them to focus on the sounds in words and practise “sounding out” letters and combinations. Not only does this lead to stronger reading skills, but it fosters a mindset of persistence and curiosity.

For over 40 years, Oxford Learning has helped young readers develop confidence and founda-

tional skills through phonics. With a strong base in phonics, children don’t just become great readers—they become lifelong learners.

So, take a trip to the library, pick up a few books, and start reading. With phonics as your guide, your child is on the path to success.

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HOME Décor

Space Planning – Where it all begins

By Holly Gouthro, Interior Consultant, DWD Interiors

Everyone desires a beautiful home, but true design begins with functionality. Before aesthetics, the key is effective space planning. Understanding a few fundamental principles and measurements can significantly improve the design of any space, be it an entire house or a single room.



A basic rule of thumb is that an individual occupies approximately 24 inches. This measurement is crucial when considering seating arrangements or navigating tight spaces. For paths of travel, such as hallways or walkways through a room, a minimum of 36 inches is necessary. Open floor plans, while visually appealing, often face challenges in this regard. What appears as a large, open area can quickly become cramped due to multiple travel paths required for access to various exit points, leaving less usable space for furniture.

Bathrooms and kitchens present unique challenges. Bathrooms typically involve fitting multiple fixtures into a limited area, while kitchens require careful coordination of numerous elements to ensure smooth and efficient operation.

Bedrooms and living spaces also have their complexities. A common oversight is selecting furniture that doesn’t properly fit the room. For instance, while a king-size bed might be desired, if there isn’t at

least 24 inches of clearance on either side, a smaller bed would be a more practical choice. Similarly, large dining tables or sectionals might be appealing, but if they overwhelm the space, alternative options should be considered.

When embarking on a design project, prioritizing space planning is essential. Laying a solid foundation with a well-thought-out layout before focusing on fixtures and finishes will ultimately lead to a more successful and satisfying result.

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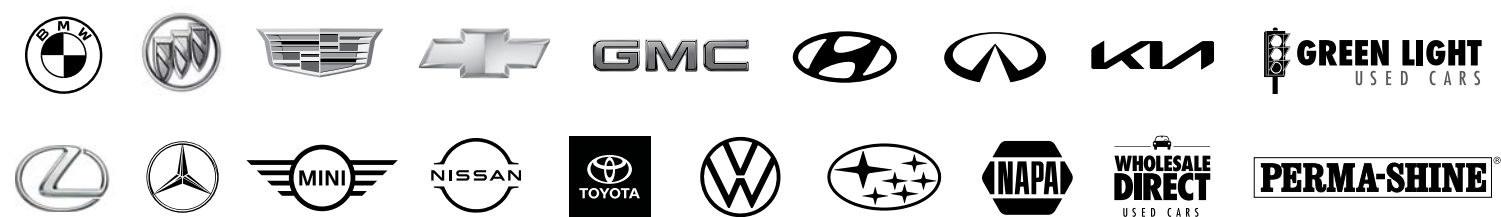
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