

Celebrating 31 years of impact—thank you, Parent-Child Guide and Robert Rockwell, for all you've done to support and strengthen our community.



One of HRM's only independent dealerships | 30 BEDFORD HWY., HALIFAX | 902-457-1555 | atlanticacura.com

Parent-Child Guide

March 2026 Vol. 32 - No. 1 Est. 1995

FREE *Celebrating Our Final Edition* **31** YEARS **FREE**

AFTER 31 YEARS OF SERVING HRM, WE ARE RETIRING.

THANK YOU ALL FOR YOUR SUPPORT.



BRIGHTER FUTURES BEGIN HERE

All Ages. All Grades. All Subjects. Enrol Today!



80 Hogan Court, Bedford | 6270 Quinpool Road, Halifax

oxfordlearning.com



MacPhee 



Serving the Community Since 1983

macpheeford.com | 580 Portland Street, Dartmouth | 902-434-7700

HRM MLAs and MPs Working Hard for YOU!

A Message from Hon. Tim Halman, MLA Dartmouth East

As we welcome the arrival of Spring and the longer, brighter days ahead, I want to take a moment in this final issue to recognize someone who has been a steady and meaningful presence for families in our community for the past 30 years.

Since 1995, Robert and his wife have dedicated themselves to creating and sharing a free publication that has connected parents and caregivers with local programs, events, and resources. For decades, families across HRM have looked forward to each issue, finding support, information, and opportunities to stay engaged in their communities through the many stages of raising children.

Behind every issue has been Robert's kindness, patience, and genuine commitment to supporting families. His work has helped keep parents informed, children engaged, and local organizations connected in a way that has truly made a difference.

On behalf of my office, and the many families who have benefited from your dedication over

the years, I would like to extend sincere thanks and appreciation to Robert and his family for three decades of service to our community. While this may be the final issue, the impact of your work will continue to be felt by families for years to come.

Wishing you a happy and well-deserved retirement, Robert, and a safe and joyful Spring to all!

Hon. Timothy Halman

MLA
Dartmouth East



Phone: 902.469.7353
Email: timhalmanmla@gmail.com
99 Main Street, Suite 1
Dartmouth, NS B2X 1R4



SHOPPING IS AN ADVENTURE
WITH GO WILD! PLAYGROUND!

THE VILLAGE SHOPS
AT DARTMOUTH CROSSING
SHOP. DINE. UNWIND.

Go Wild!
PLAYGROUND
(OPEN SHOPPING CENTRE HOURS)

DARTMOUTHCROSSING.COM

DQ | Booster Juice | PUMA | B3 | UNDER ARMOUR | carter's babies and kids | OSHKOSH B'gosh

Village Hours: Mon-Fri 10AM-9PM Sat 9:30AM-9PM, Sun 12NOON-5PM
Big Box Hours Vary/Restaurants open extended hours
Find current store hours at DartmouthCrossing.com

Via Burnside/Hwy 118, Dartmouth, NS

**Happy 31th anniversary from your
Halifax Citadel-Sable Island MLA!**



[/LisaLachanceMLA](https://www.facebook.com/LisaLachanceMLA)

[@LisaAnneLachanceMLA](https://www.instagram.com/LisaAnneLachanceMLA)

[@LisaLachanceMLA](https://www.twitter.com/LisaLachanceMLA)

LISA LACHANCE

MLA, Halifax Citadel-Sable Island | 902-220-3021
LisaLachance@nsmla.ca



A Proud Community Supporter!

**Adegoke
Fadare**

MLA for Clayton Park West

902-457-0364
adegoke@adegokefadare.ca
287 Lacewood Drive, Suite 109
Halifax, NS, B3M 3Y7



Parent-Child GUIDE

We are Metro's Oldest Free Family Newspaper established in 1995.

www.parentchildguide.com

This is our **FINAL EDITION.**

ROBERT ROCKWELL, Owner/Publisher

Jennifer Park, General Manager

Printing by: TC Transcontinental Printing Halifax

Design by: Denise Postma

Funded by the Government of Canada

Canada



CENTURY MAZDA

Locally Owned & Operated

MAZDA i-ACTIV ALL-WHEEL DRIVE



CX-90

CX-70

CX-5

0.99%

PURCHASE FINANCING
FOR 36 MONTHS

+

UP TO A

\$4,000

MAZDA BONUS

+

UP TO A

\$1,000

BONUS ON ANY MAZDA
ADDED PROTECTION PLAN

ON SELECT 2025 MODELS

2672 Robie Street Halifax, NS
www.centurymazda.ca

902-453-4115



us on Facebook
@centurymazdans



*To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca.

▼Connected vehicle service is available for a 2-year trial period from your vehicle's in-service date; a paid subscription is required upon expiry of the trial period.

HRM MLAs and MPs Working Hard for YOU!



Braedon Clark
Member of Parliament • Député
Sackville-Bedford-Preston

902-861-2333
braedonclarkmp.ca
braedon.clark@parl.gc.ca

A Message from Braedon Clark, MP Sackville-Bedford -Preston

For 31 years, the Parent & Child Guide has supported families across our region with practical information and trusted local insight. As this final issue is published, it's important to recognize the lasting impact this publication has had in Sackville-Bedford-Preston and beyond.

Robert and Jennifer, thank you for your dedication to our community. For more than three decades, you've created a reliable resource that parents could turn to at every stage of raising their children. That kind of long-term commitment matters. On behalf of the families who have benefited from your

work, congratulations on 31 years of service to our community.

Supporting families has always been a priority, and affordability remains top of mind for many. That's why our government has introduced the new Canada Groceries and Essentials Benefit, formerly the GST Credit, and increased it by 25 percent for five years starting in July 2026. This year, there will also be a one-time payment equivalent to a 50 percent increase.

Here's what that means for families:

A family of four will receive:

- Up to \$1,890 this year

- About \$1,400 per year for the next four years

A single person will receive:

- Up to \$950 this year
- About \$700 per year for the next four years

Altogether, these changes will make a real difference for more than 34,000 people across Sackville-Bedford-Preston

Thank you again, Robert and Jennifer, for your contribution to families across our region.

Braedon Clark
Member of Parliament
Sackville-Bedford-Preston



DARREN FISHER
MP for Dartmouth—Cole Harbour

@DarrenFisherNS
DarrenFisher.ca 902-462-6453 darren.fisher@parl.gc.ca



Paul Wozney
MLA, Sackville-Cobequid

Proudly supporting Sackville

paulwozney@nsmla.ca (902) 864-6271



Lina Hamid
MLA Fairview- Clayton Park

203-3845 Joseph Howe Dr
Halifax, NS B3L 4H9
902 404 3220
LinaHamid@NSMLA.ca
@LinaHamidFCP

Thank you Parent-Child Guide for 31 years serving our community. Happy Retirement!



Hon. | L'hon.
Lena Metlege Diab, M.P. / députée
Halifax West | Halifax-Ouest



Your Voice in Ottawa!
Votre voix à Ottawa!

LenaMetlege.Diab@parl.gc.ca

HRM MLAs and MPs Working Hard for YOU!

A Message from Claudia Chender, MLA Dartmouth South

In Dartmouth South, longer days and warmer weather on the way bring renewed energy to get outside, reconnect, and spend time together as families. From waterfront walks to vibrant community programming, there is no shortage of ways to make the most of the season.

For decades, Parent Child Magazine has been a trusted, free resource helping families discover those very opportunities. It has been an honour to be part of the Parent Child family and to witness firsthand the incredible community this publication has built. Congratulations on creating such a meaningful, community-building paper. Robert's leadership ensured families were informed, connected, and inspired. We are deeply grateful for the care and dedication he brought to this work, and we hope he enjoys a well-earned retirement.

Looking ahead to the months ahead, there are wonderful local options for families. Eastern Front Theatre is once again offering its popular summer camp at Alderney Landing, where young performers explore improv, choreography, singing, and playwriting while preparing for a final performance.

Families can also explore programming at the Zatzman Sportsplex, which offers activities for all ages, and creative opportunities through the MacPhee Centre for Creative Learning.

Community hubs like North Woodside Community Centre and Findlay Community Centre provide seasonal programs and welcoming spaces for residents. Families can also pack a picnic for Dartmouth Cove or stop by Grahams Grove Park for a sweet treat and a view of the harbour.



As we welcome another vibrant season in Dartmouth South, we celebrate the connections that make our community so special and extend heartfelt thanks to those who help bring us together.

A Message from Damian Stoilov, MLA Bedford South

Across Nova Scotia, our government is focused on delivering real, meaningful results for families and ensuring parents and children have the support they need to thrive. One of our top priorities continues to be strengthening access to health care, particularly by reducing the Need a Family Practice Registry. Through expanded recruitment, new incentives for physicians and health professionals, and innovative team-based care models, more Nova Scotians are gaining access to primary care. This progress means more families can build lasting relationships with health providers and receive timely care closer to home.

We are also working to ensure schools remain safe, respectful, and welcoming environments for every student. The implementation of the new Provincial School Code of Conduct sets clear expectations for behaviour, strengthens accountability, and supports both educators and students. By promoting respect, inclusion, and responsibility in our classrooms, we are helping create positive learning environments where children can focus on their education and personal growth.

Recognizing that families are facing rising costs, our government has taken practical steps to support household budgets and improve food security. Proceeds from the decision to remove U.S. alcohol products from provincial shelves are being reinvested directly into food security programming across Nova Scotia. These investments are helping community organizations expand access to nutritious food and provide support to families who need it most.

In addition, we have introduced tax reductions designed to ease financial pressure on households. These changes are expected to save the average Nova Scotia family approximately \$1,000 each year—money that can be used for childcare, groceries, extracurricular activities, and everyday essentials.

Finally, I would like to extend sincere thanks to Robert Rockwell and the Parent Child Guide for their remarkable 31 years of service to families across our community. For more than three decades, this publication has been a trusted resource connecting par-



ents with information, opportunities, and supports that help families succeed. As the Guide prepares to publish its final edition, we recognize the lasting impact it has made and offer our heartfelt appreciation for the dedication and care that Robert and his team have shown throughout the years.

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

Wela'lin, and thank you for taking a moment to read.

Spring has arrived in Cole Harbour, bringing with it a sense of renewal and possibility. After months of winter routines, there's something uplifting about hearing birds in the morning, seeing children race outside without quite as many layers, and feeling that welcome warmth from the sun. For families, spring is often a season of fresh starts and new activities, new goals, and more time spent together outdoors.

With spring also comes the excitement of knowing that summer is not far behind. Sunny days and salt water swims at Rainbow Haven Beach are just around the corner. Soon, beach towels will replace winter boots, and evenings will be filled with backyard play, bike rides, and neighbourhood laughter.

These simple moments with sand between your toes, ice cream after supper, and kids staying outside until the sun dips low, are the memories that shape childhood.

This edition of the Parent/Child Guide is especially meaningful, as it marks the final publication after 31 wonderful years. I would like to extend heartfelt thanks to Robert Rockwell and Jennifer Rockwell for their dedication to families in our community. For more than three decades, they have connected parents to local programs, shared important information, and created a publication that truly supported children and caregivers alike. Their commitment has made a lasting impact.

As we embrace this new season, I hope your family, and our community at large, enjoys every muddy, sunny, joy-filled moment that spring brings as we



prepare for all the adventures that summer has in store.

Wela'lin,
Leah Martin
MLA for Cole Harbour

Exceptional Home Care



Helping families support children, teens and adults with complex care needs



- ~ Responsive, caring professionals you can trust.
- ~ Personalized services suited to each individual's needs.
- ~ Support through every step of the care process.
- ~ Bonded, insured caregivers.

Support in Nova Scotia is just a phone call away.

902.425.3351

homecarens@bayshore.ca

Bayshore Home Health is a division of Bayshore HealthCare, a leading provider of home and community health care services. As a Canadian-owned company, Bayshore has been enhancing the quality of life, well-being, dignity and independence of Canadians since 1966.

www.bayshore.ca

HRM MLAs and MPs Working Hard for YOU!

A Message from Brad McGowan, MLA Cole Harbour -Dartmouth

Farewell to the Parent-Child Guide

As another school year is heading into spring, many students are naturally looking forward to the summer break that accompanies the upcoming good weather. However, as this is the last edition of the Parent-Child Guide, the summer break for these pages will be a little more permanent. After over 30 years of success, I wanted to take some time today to thank Robert and his team for the opportunity to communicate with you through these articles. Local publications such as this one are becoming increasingly rare in today's media landscape, and I am so glad to have been able to support a publication like the Parent-Child guide through our adver-



tisements and articles. I have only been MLA for just over a year, and yet I will miss having such a convenient venue to write to you, the reader, to let you know how we've been working to make things better.

As for my final words in this publication, I'd like to remind all of the residents of Cole Harbour-Dartmouth that my office remains ready to assist if you are looking for help with provincial services,

or even if you want to contact us to leave feedback on how we can make these services better. We know that constituents take time and effort to communicate with us, and we value the opportunity to be able to work on your behalf. We also still distribute covid-19 rapid testing kits to anyone looking for them. Thank you for reading, and thank you for your support of local publications.

Summer Camp Guide • Summer Camp Guide • Summer Camp Guide



BIG SUMMER ADVENTURES



SUPER QUEST CAMPS AT THE LITTLE GYM - THE ULTIMATE IN SERIOUS FUN!

June 29 - Sept 4, 2026
(weekly camps with the exception of holiday weeks)
9am-4pm

PLEASE CALL (902) 431-5437 TO REGISTER or SCAN THE CODE FOR MORE INFO



Ages 4-9

Summer Camp Guide • Summer Camp Guide • Summer Camp Guide

Why All Kids Should Go To Camp

Submitted by Royal City Soccer Club

Summer camp is more than just a way to fill long July and August days. It is one of the most meaningful experiences a child can have, blending fun, friendship, and personal growth into memories that last a lifetime. Camp gives kids the space to explore who they are, discover what they love, and build skills that carry far beyond the summer months.

One of the greatest benefits of camp is movement. In a world dominated by screens, camp reintroduces kids to the joy of being active. Days are filled with running, laughing, playing, and learning through motion. At Royal City Soccer, campers spend their time outdoors developing soccer skills, improving coordination, and building healthy habits without it ever feeling like work. It feels like play, because it is.

Camp is also where social skills truly come alive. Kids meet new friends, learn how to work as part of a team, and practice communication in real time, not through a screen. They gain confidence speaking up, supporting teammates, and celebrating shared successes. These experiences help children grow into more confident, empathetic, and resilient individuals.

Independence is another powerful outcome. Camp encourages kids to try new things, take small risks, and discover what they are capable of achieving on their own. Whether it is mastering a new skill or over-

coming a challenge, these moments quietly build self belief and leadership.

This summer feels especially exciting. With the FIFA World Cup coming to Canada, the energy around soccer is electric. There has never been a better time for kids to connect with the beautiful game, feel inspired,

and be part of something bigger than themselves.

Registration for Royal City Soccer summer camps is now open, and spots fill quickly. Giving your child a camp experience is giving them confidence, joy, and unforgettable summer memories. This is the summer to say yes to camp, yes to growth, and yes to fun.

Since 1993
Soccer Day Camps

- ✓ July & August weeks
- ✓ Ages 5 to 13
- ✓ Morning & Full Day sessions
- ✓ Before & After Care available

For more information:
royalsoccer.com
 800-427-0536

For location & registration details visit our website.

Early Deals, Big Savings

SUMMER with Us 2026!

Blast through the summer with super fantastic weekly camps!

- Camps for 5 - 12 year olds
- Many Camps to choose from...

Licensed, regulated programs

We accept subsidies



Register Online at: www.creativekids.info
 902-832-5437 Centre Hours : 7:00am – 6:00pm



109 White Hills Run Hammonds Plains

CKEckids/
 CKEckids/
 creativekidseducationcentre/

Summer French Camps

L'ÉTÉ, C'EST MAGIQUE!

Join us this summer
for a week to remember!

FRENCH CAMP IS...

- A wonderful refresher during the summer months.
- The perfect introduction for students entering late immersion.
- A great way to make new and lasting friendships.



DAY CAMPS

Ages 6-10, French immersion students only

CAMP CHOCOLAT

Session 1: July 6-10
Session 2: July 13-17

CAMP DU SOLEIL

Session 1: July 20-24
Session 2: July 27-31

OVERNIGHT CAMPS

Ages 10-14, French immersion & core french students

CAMP FRANTASTIQUE

August 3-7

CAMP BRETON

August 10-14

CAMP DE LA BAIE

August 17-22



CPF Nova Scotia Summer Camps

8 Flamingo Drive Halifax, N.S. B3M 4N8

Tel: 902-453-2048 | Fax: 902-455-2789

Toll Free: 1-877-CPF-5233

Email: cpf@ns.cpf.ca | Web: ns.cpf.ca

Information and registration form for summer camps can be found at ns.cpf.ca



ns.cpf.ca



cpf.ns



cpfnovascotia



CPF Nova Scotia

CAMP WESTWOOD

- Summer 2026 -

A fun, active day camp that kids love - and parents trust!



**Sports & Themed
Camps**

There's something for everyone!



**Daily Swimming &
Weekly Skating**

Sports Camps skate twice a week!



**Private & Semi-private
Swim Lessons
Available**

*Optional Add-on - registration May 12th

Our Most popular Camps Include:

- ✓ Camp Westwood Olympics
- ✓ Moovin' & Groovin'
- ✓ Cupcake Kids
- ✓ Creative Minds
- ✓ Sports Zone

→ **Registration for Camp Westwood is**
Tuesday, April 7th at 12:00 NOON ←

Now Accepting Resumes for Camp Counsellors & Pool Staff

📍 St. Margaret's Centre, 12 Westwood Blvd, Upper Tantallon ☎ 902-826-2100 ext. 3267

🌐 www.stmargartscentre.ca ✉ campwestwood@gmail.com

THANK YOU! PARENT-CHILD GUIDE

From Stagecoach Performing Arts Schools

As this is the final edition of the Parent-Child Guide, Stagecoach Performing Arts Schools in Halifax, Bedford and Dartmouth would like to take a moment to say a very special and heartfelt thank you to **Robert** and the rest of the Parent-Child Guide team.

Over the years, this wonderful community publication has meant so much to us. Parent-Child Guide has helped us reach hundreds of families and share our programs in a meaningful way. Through its pages, children have found their voice with us, and families across HRM discovered opportunities to help their children grow in confidence and creativity. Many of our students first found us through this paper, connecting us with the young

people who needed us most.

We are incredibly grateful that Parent-Child Guide has consistently featured local organizations like ours, creating a trusted space where businesses, families, and young people feel seen, heard, and supported. By bringing together valuable information for parents across Halifax, they have had a tremendous impact on the community—supporting and shaping the lives of thousands of children over the years and strengthening the fabric of family life in our region.

Robert and his team have always welcomed us warmly and worked tirelessly to help us reach the families who make our school what it is. Their encouragement and belief in our work have

played an important role in our growth, allowing us to continue offering a safe, nurturing and inspiring environment where young people can truly express themselves.

As the owners step into retirement and this chapter closes, we want to extend our heartfelt thanks to Robert and his entire team for their dedication, kindness, and unwavering support. We are also deeply grateful to the loyal readers of Parent-Child Guide. It has been a true privilege to collaborate, and we sincerely thank them for the platform, partnership, and lasting impact they have made in our community.

Kristi & the Stagecoach Halifax Team



NOW HIRING

On the spot interviews for:

- FULL TIME
- PART TIME
- SUPERVISORS

APPLY AT:

wendys_ns@outlook.com
wendysdartmouth@outlook.com

© 2021 Quality Is Our Recipe, LLC



THANK YOU!



FROM STAGECOACH PERFORMING ARTS HALIFAX



DINOSAUR EXPLORATION 2

UNTIL SEPT 7, 2026



MUSEUM OF
NATURAL
HISTORY

A PART of THE NOVA SCOTIA MUSEUM

1747 Summer St, Halifax, NS
naturalhistory.novascotia.ca

FUN Places To Go!

Marking the End of an Era

After 31 wonderful years, this marks the final edition of Parent-Child Guide as we step into retirement. We extend our sincere thanks to our loyal advertisers, dedicated writers, and faithful readers who supported us issue after issue. Your trust and commitment made this publication possible and allowed us to serve families throughout HRM with pride and gratitude.

Easy days, any day. Delicious is always on hand.



Get your
free
menu!

Every day, open your freezer to over 200 meals made especially for seniors, delivered for free* with no contracts.

Locally owned

902-444-2230
HeartToHomeMeals.ca



*Some conditions may apply.



Create Your Perfect Cake

DQCakes.com



DQ Frozen Cakes make any occasion special!

\$5 OFF

any 8 inch or 10 inch DQ® or Blizzard Cake

Available only at the following location:



**BAYERS LAKE
BUSINESS PARK**
Chain Lake Drive
(next to Chapters)



457-KAKE (5253) Cakeline

Coupon is not redeemable with any other coupon or special offer. Sales tax, if any, extra. One coupon per customer per visit. Offer expires June 30, 2026

Order online www.dqcakes.com

FUN

Places To Go!



ENJOY 50% OFF A FAMILY DAY PASS AT ROSS FARM MUSEUM FOR PARENT-CHILD GUIDE'S FINAL EDITION

To celebrate the final issue of the Parent-Child Guide, Ross Farm Museum is offering readers a special voucher for 50% off a family day pass. This voucher is valid until the end of May 2026. To redeem it, please present either a printed copy or a photo of the voucher when you visit.

We would like to take this opportunity to thank the staff of the Parent-Child Guide for their contributions to the community over the past 31 years.

For information about our upcoming schedule and events, please visit thepedlarsshop.ca or check our social media pages.

It's not just a campground, It's Jellystone Park™

Jellystone Park Bear's
KINGSTON CAMP-RESORT NOVA SCOTIA

- ★ Heated Pool
- ★ Inflatable Water Slide
- ★ Jumping Pillow
- ★ Mini Golf
- ★ Wagon Rides
- ★ Gem Mining
- ★ Theme Weekends
- ★ Visits with Yogi Bear™, Boo Boo™, and Cindy Bear™
- ★ Cabins, Trailer Rentals, Deluxe RV and Tent Sites

Open Mid-May to Mid-September Book Today!

JellystoneNS.com • (902) 765-2830 • (888) 225-7773

YOGI BEAR and all related characters and elements © & ™ Hanna-Barbera. (s25)

ROSS FARM
A LIVING HERITAGE FARM
A PART OF THE NOVA SCOTIA MUSEUM

Last Edition
SPECIAL

SAVE 50% OFF
a family day pass

VALID TILL MAY 31TH, 2026
See schedule for hours & events.

Young PEI Champ Receives Artificial Arm From The War Amps

Prince Edward Island's Tommy Darrach, 2, is learning to use his new artificial arm, which he received through The War Amps.

Tommy was born without his left arm below the elbow and was enrolled in The War Amps Child Amputee (CHAMP) Program soon after. As a Champ, Tommy is eligible for financial assistance for artificial limbs and specialized devices, as well as peer support as he grows up.

On a recent visit to Tommy's prosthetist's office, the young Champ was able to try on his new arm. The arm is myoelectric, meaning it uses muscle impulses in his residual limb to control movement. With prac-

tice, he will be able to open and close the hand by flexing his muscles, opening up a world of possibilities for everyday activities and supporting his development.

"Our son is only two, but knowing that we have this program and all of the lovely people involved in it to lean on will be such a game changer for him as he grows," says Tommy's mom, Ashley Darrach. "We truly feel so supported and grateful to be a part of the CHAMP Program!"

The CHAMP Program was created in 1975 by war amputee veterans who recognized their knowledge and experience could benefit children across Canada who were living with an amputation. The legacy of "am-

putees helping amputees" remains a hallmark of the program.

The War Amps does not receive government funding. Its programs, including CHAMP, are made possible through donations from the public to the Key Tag Service. More information is available at waramps.ca.



Photo: Champ Tommy tries on his War Amps-funded artificial arm at his prosthetist's office.



FUN Places To Go! **FUN** Places To Go!

Proudly Canadian since 1976



Same-day tire service

No appointment needed.

Health & Wellness

THANK YOU TO PARENT-CHILD GUIDE

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



After many years of dedicated service to families in our community, Parent Child Guide has released its final publication as its owner steps into a well-earned retirement. As a locally owned and operated resource, the publication has been a trusted voice for parents, offering guidance, support, and valuable information through every stage of childhood.

At The Brace Space, Dr. Dan Stuart and Dr. Sarah Davidson and their team, are especially grateful to have been part of that journey. Over the years, Parent Child Guide has invited us to share orthodontic insights to help parents make informed decisions about their children's smiles and oral health. It was always an honor to contribute to a publication that cared so deeply about strengthening families and empowering local communities.

Publications like Parent Child Guide are more than just print on paper—they are reflections of the people behind them. Built with passion, commitment, and a genuine desire to serve, it stood as a shining example

of the impact locally owned and operated businesses can have when they invest in their neighbors.

As this chapter closes, we extend our sincere congratulations and gratitude to the owner and his team for years of meaningful service. Their legacy will live on in the families they supported, the knowledge they shared, and the stronger community they helped build.

We at The Brace Space, another locally owned and operated team, are proud to have stood alongside them as fellow local business owners, working

toward the same goal: helping our community thrive, one family-and one smile-at a time.

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.

WE ARE REDEFINING HEALTHCARE



(902) 293-0963

www.bayshore.ca

EMAIL advocate@bayshore.ca

Bayshore[®]
Home Health



Thank you to Parent and Child Guide
~ for over 30 years of dedication to our communities

thebracespace
ORTHODONTISTS

Dr. Dan Stuart & Dr. Sarah Davidson
www.thebracespace.com

Fine Print

- no referral needed
- free consultations
- treatment for all ages
- 0% financing
- 4 locations to serve you better





Celebrating Our Final Edition

31 YEARS



BURNSIDE WINDOWS & DOORS LTD.

Retail & Contractors, Sales of Windows, Doors, Skylights & Patio Doors

75 Akerley Blvd., Unit G, Dartmouth
Tel: 902-468-7114 Fax: 902-468-7108

Congratulations to Parent-Child Guide on your 31st Anniversary!

Tanner's Recycling

What We Take...



- Refundable Recyclables: Water, Juice, Pop, Beer, Wine, Liquor
- Electronics: TV, Desktop Computers, Desktop Printers, Land/Cell Phones, Fax Machines, Microwaves, Stereos, etc.
- Paint: Household Paint with paint or without paint

6393 Bayne St. (off of Lady Hammond Rd/MacKintosh St.)
Tel: 902-454-4888 Monday to Saturday: 8 am to 4 pm



Congratulations to Parent-Child Guide on achieving your 31st Year Anniversary.

**KAISER'S Proudly Celebrates Our 50th Year in Business
Heartfelt Thanks to Our Amazing Customers**

KAISER'S (902) 865-6389
799 Sackville Drive
Lower Sackville, NS

Congratulations Parent-Child Guide on your 31st Anniversary!



FIND US AT:

**14 DAWN DR,
DARTMOUTH, NS**

WE BUY:

COPPER, BRASS,
ALUMINUM,
BATTERIES,
SCRAP METAL &
CAST IRON

(902) 468-1995

DartmouthMetals.com
Info@dartmouthmetals.com



Canada Trust

TD Canada Trust
Clayton Park Shopping Centre
278 Lacewood Drive
Halifax, Nova Scotia B3M 3N8
T: 902 420 8500 F: 902 457 0175

BEELER SECURITY SERVICE

We Provide a Complete Line of:

- Locksmith Services
- Lock Sales and Repairs
- Safe and Vault Repairs

Come visit our bright, new showroom featuring many new products.

Beeler Security Service
A Division of S&P Enterprises Ltd. **Phone: 422-1996**
70 Lacewood Dr., Unit #145 **Fax: 422-1965**
Halifax, B3M 2P1

Congratulations Parent-Child Guide on your 31st Anniversary!

**Professional Land Surveying
and Survey-Engineering**



(902) 465 7300
www.alderney.ca

CENTENNIAL ARENA

27 Vimy Ave., Halifax

- Ice Rental 24 Hrs. a Day
- After 5 pm to 8 am, **Call 430-8221**
- Multi Purpose Room Available to Rent for Your Functions
- Senior Skating Wednesday to Friday 10 am to 12 noon
- Pet Friendly

For Further Information, Please Call 902-490-4926

Book Ice Online centennialarena.ca

Congratulations Parent-Child Guide on your 31st Anniversary!



JENTRONICS
Electronic Components & Industrial Controls

Product, Solutions, Support

- Automation • Controls • Electrical • Electronics • Machine Safeguarding
- Sensors • Test & Measurement • Vision Systems

15 Weston Court, Dartmouth 902-468-7987
info@jentronics.ca www.jentronics.ca

**LAURIE'S COMPLETE
AUTOMOTIVE**

Where Service & Honesty Come First.
We Use "WAGNER" Brake Products.

328 Windmill Rd, Dartmouth
Tel: 902-466-1444



The Small Company that's BIG on Service!

Metro Delivery and Trucking Services
49 Pettipas Drive, Burnside
Tel: (902) 471-6421

HOME *Décor*

Imagine your Bedroom as the Ultimate Personal Retreat

By Kelly Hiltz, DWD Interiors Inc.

Imagine your bedroom not just as a room, but as the ultimate personal retreat—a sanctuary designed exclusively for unwinding, recharging, and escaping the world’s clamor.

Let’s refine those design ideas to keep the focus squarely on bedroom elements, emphasizing how furniture, colors, textures, and personal touches create a cohesive haven.

Begin with the essentials: a sumptuous bed as the centerpiece, flanked by good sized night tables to allow a good stack of books, and good reading lamps that are adjustable for reading or creating a soft ambiance.

Allow for a comfortable chair or chaise lounge to contemplate, read, perhaps with a glass of wine, or just watch the telly.

For a serene, cocoon-like bedroom, embrace muted neutrals that envelop the space in calmness. Paint the walls in soft taupes or pale blues to mimic a peaceful dusk, and layer the bed with plush, high-quality linens in coordinating tones. Hang beautiful drapery to frame the windows, not just for light control but to add a sense of enclosure.

If vibrancy is your antidote to daily drudgery, infuse the bedroom with joyful colors that energize without disrupting rest. Opt for an upholstered headboard, mix florals with stripes for a playful yet cohesive look. Drapery in lighter fabrics soften the boldness, while toss cushions and a colourful duvet to spark happiness and lift your spirits the moment you enter.

Lastly, a bedroom brimming with personal memories of places you’ve been and pictures of friends you have made over the years..... A room that narrates your life story making it a gentle and joyful revisit to cherished moments.

In all approaches, always prioritize solace in the space where you begin and end each day; in a room you can retreat to anytime throughout the day that gives you pleasureit’s your sanctuary.

www.dwdinteriors.com
1203 Hollis St, The Westin
Halifax, NS
B3H 2P6
902-422-0963



DWD
INTERIORS

DOUCET-WATTS & DAVIS
INTERIORS

ELEVATE YOUR HOME
Classic to Edgy Designs

1203 HOLLIS STREET
THE WESTIN BUILDING
HALIFAX, NOVA SCOTIA
902-422-0963

WWW.DWDINTERIORS.COM

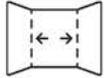


✓ FACT

A bath remodel can be EASY & STRESS-FREE

Think remodeling your bath takes forever and messes up the house? The fact is, Bath Fitter installation takes just 1 day, with no mess or stress. For 40 years, our tub-over-tub process and seamless one-piece walls have ensured a watertight seal, and we back it up with a lifetime warranty.

OUR ADVANTAGES

- 
 One-day installations[‡]
- 
 Seamless wall for a watertight fit
- 
 Virtually maintenance-free
- 

40 BATH FITTER **BATHFITTER.COM** *It Just Fits™*

* Bath Fitter Franchise. Independently owned and operated by Unicorn Restoration Limited. Registered trademark of Bath Fitter Franchising Inc. *Save up to 250\$ on a complete Bath Fitter system. One offer per customer. May not be combined with any other offer. Offer must be presented at the time of estimate. Discount applies to same day purchases only. Previous orders and estimates excluded. Offer valid only at the above location. † Subject to certain limitations. Offer expires 30-06-2026. ‡ Most Bath Fitter tub installations are completed in one day. Some exceptions apply. See location for full details. 1. May contain imported components in limited quantities.

BATH FITTER®

SAVE UP TO \$250*

on a complete Bath Fitter system.



SCAN TO GET DEAL DETAILS

MADE IN CANADA SINCE 1984

Book your **FREE** design CONSULTATION today!
902-454-9228

94 TRIDER CRESCENT, DARTMOUTH, NOVA SCOTIA B3B 1R6



WITH APPRECIATION

AVEC RECONNAISSANCE

Congratulations, Parent-Child Guide! Félicitations au Parent-Child Guide !

Université Sainte-Anne proudly congratulates the Parent-Child Guide on its many years of dedicated service to our community and on being such a valued partner. With sincere thanks, we wish Robert a happy retirement and extend our very best wishes to the entire team.

L'Université Sainte-Anne félicite chaleureusement le Parent-Child Guide pour ses nombreuses années de service dévoué à notre communauté et pour être un partenaire si précieux. Avec toute notre reconnaissance, nous souhaitons à Robert une heureuse retraite et adressons nos meilleurs vœux à toute l'équipe.

**With gratitude / Avec reconnaissance
Université Sainte-Anne**

Education • Education • Education • Education • Education

Why Strong Reading Habits Start Early

Submitted by Oxford Learning

In today's fast-paced digital world, children are surrounded by screens, sounds, and constant stimulation. While technology offers many benefits, it has quietly changed the way children interact with words. Instead of slowing down to absorb stories, many children skim, scroll, and click.

For young learners especially, this shift matters. Early reading skills are not just about learning letters and sounding out words. They are the foundation for academic success, confidence, and lifelong learning. The habits children build in their early years shape how they approach school and how they feel about it.

Why Early Reading Skills Matter

Reading is the gateway skill. Nearly every subject in school from math to science to social studies requires strong comprehension. If a child struggles to read, they often struggle to learn.

When young children develop solid reading skills, they gain:

- Stronger vocabulary and language development

- Improved concentration and memory
- Greater confidence in the classroom
- Better comprehension across all subjects
- Enhanced creativity and imagination

Reading also strengthens brain development. Just like muscles grow with exercise, neural pathways strengthen when children regularly engage with books. The earlier this "brain training" begins, the stronger those pathways become.

Perhaps most importantly, early reading builds confidence. A child who can read independently feels capable. A child who struggles may begin to doubt themselves even at a very young age.

Building Reading Into Everyday Life

The good news? Developing strong reading habits doesn't necessarily require hours of formal instruction. What it does require is consistency and intention.

For young children, reading should feel enjoyable and safe — never pressured.

Here are simple ways parents can nurture early reading skills:

Read aloud daily. Even 15–20 minutes a day makes a difference. Hearing fluent reading builds vocabulary, listening skills, and comprehension long before children can read independently.

Talk about the story. Ask questions like:

- What do you think will happen next?
- Why did the character make that choice?
- How would you feel in that situation?

These conversations strengthen understanding and critical thinking.

Create a print-rich environment. Keep books within reach. Label common household items. Let your child see reading as part of daily life.

Let them choose. Whether it's picture books, comics, animal facts, or beginner readers, choice builds motivation.

Model reading yourself. When children see parents reading, they understand that reading is valuable — not just homework.

What If My Child Isn't Interested?

It's common for young children to prefer active play over sitting with a book. That's normal. The key is keeping reading positive and interactive.

Act out stories. Use funny voices. Visit the library. Pair reading with cozy routines like bedtime or quiet time after school.

If your child finds reading difficult, early support is essential. Small gaps can widen quickly in the early grades. Addressing challenges early prevents frustration later.

The Long-Term Impact

Strong reading skills developed in the early years set the stage for everything that follows. Children who read well are more likely to participate in class, understand instructions, complete assignments independently, and feel successful in school.

Reading is more than a subject — it is the foundation of learning itself.

By prioritizing reading habits early, you're not just helping your child learn to read. You're giving them the tools, confidence, and curiosity to succeed for years to come.

Oxford Learning programs help young students build strong foundational reading skills in a supportive, engaging environment. Contact us today to learn how we can help your child grow into a confident reader.

Contact us today at
bedford@oxfordlearning.com
 902-405-4116 or
halifax@oxfordlearning.com
 902-423-4484

A Message to Our Community as We Publish Our Final Edition

Robert, Jennifer, and our team extend our heartfelt thanks to our advertisers, writers, and readers for the incredible support you have shown us over the past 31 years.

What began as a simple idea grew into a trusted community resource, made possible by the remarkable loyalty of our advertisers—many of whom supported Parent-Child Guide issue after issue, year after year—along with the valuable contributions of our writers and the continued trust of our readers. Your consistency and belief in this publication allowed it to grow, evolve, and truly serve our community in meaningful and lasting ways.

It has been a privilege to be part of so many families' lives and to work alongside businesses and organizations that shared our commitment to supporting parents and children. Together, we built something that reflected the strength and spirit of our community.

This edition of Parent-Child Guide marks our final issue as we step into retirement.

Thank you for being part of this remarkable journey. We are deeply grateful for every story shared, every page read, and every enduring partnership built along the way.

With heartfelt appreciation,
Robert, Jennifer, and the Parent-Child Guide Team

Pre-Prim to Grade 12 Reading Writing Math Grammar Study Skills
 Homework French ESL SSAT Prep SAT/ACT Prep



Enrichment?

Remedial?



Can You Tell Which Child Needs What Kind of Tutoring?

... Oxford Learning Can!



An in-depth assessment uncovers each child's unique learning needs



Personalized learning programs meet child-specific goals



Programs progress according to each child's needs



Develop motivation and confidence to achieve success

Now Enrolling!

Contact Your Local Centre Today.

Bedford 902.700.6489
 80 Hogan Court
bedford@oxfordlearning.com

Halifax 902.701.9254
 6270 Quinpool Road
halifax@oxfordlearning.com



oxfordlearning.com

Proudly Canadian



GREEN LIGHT LEASING

HOW LEASING SHOULD BE



WHY GO WITH GREEN LIGHT?

- Huge selection of Green Light Certified used vehicles
- New choices are being added weekly.
- Comprehensive inspection, 6 month/10,000 km powertrain warranty
- 7 day/1,500 exchange privilege
- VIP Discounts at O'Regan's Service Centres
- Grad Rebates
- One year of complimentary Job Loss Protection

O'REGAN'S
DRIVING HIGHER STANDARDS®

 **GREEN LIGHT**
USED CARS