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February 2026

Vol. 31 - No. 6

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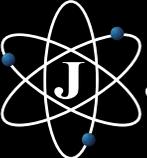
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A Message to Our Community

Robert, Jennifer, and our team would like to 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 chose to support Parent-Child Guide issue after issue, year after year—along with the 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.

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.

The upcoming issue of Parent-Child Guide, releasing on March 31, will be our final issue as we step into retirement.

Thank you for being part of this journey with us. 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*

The War Amps Begins Its 80th Annual Key Tag Mailing

The War Amps has started mailing 2026 key tags across the country, marking 80 years of providing this service to residents. When you use a War Amps key tag, you protect your keys and support amputees.

Seven-year-old Kenzie Stronks was born without her left arm below the elbow and was enrolled in The War Amps Child Amputee (CHAMP) Program on the same day. In the letter accompanying the key tags, her parents, Shannon and Josh, describe how The War Amps has supported their family. As a Champ, Kenzie receives financial assistance for artificial limbs, peer connections through CHAMP events and so much more.

“When she walks into a room, her amputation often makes her different from everybody else, so being able to meet kids just like her at CHAMP seminars is very special,” say Shannon and Josh. “Thanks to The War Amps, Kenzie has the artificial limbs and devices she needs for the hobbies she loves. She has a bike device that attaches to her artificial arm and allows her to keep a safe grip on the handlebar while riding. She also has a tumbler device that fits onto her artificial arm to help with balance and floor exercises during karate.”

The Key Tag Service is a free key return service for Canadians that generates funds for The War Amps many programs, including CHAMP. Since ampu-

tee veterans started the service in 1946, it continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants; its programs are made possible through the public's support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call 1 800 250-3030.

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HRM MLAs and MPs Working Hard for YOU!

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

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

Late winter in Cole Harbour can feel a little like a waiting game, especially for kids. Waiting for March Break. Waiting for warmer days. Waiting for spring to finally arrive! Even though winter isn't quite done with us yet, there are signs that a new season is just around the corner.

This time of year is full of excitement for children. Snowbanks still invite play, while thoughts are already turning to bikes, parks, and outdoor adventures. March Break is a great opportunity for families to slow down, laugh together, and head outside for some fresh air to enjoy activities like skating, skiing, or sledding.

As winter weather continues, it's important to keep safety top of mind. Snowplows

are often out clearing streets and driveways, and large snowbanks can make it harder for drivers and children to see one another. Parents and caregivers may want to remind kids to be cautious when playing near the ends of driveways and roadways, and to give plows plenty of space to do their work.

Cole Harbour is a wonderful place to grow up. The Salt Marsh Trail, and the many neighbourhood playgrounds in between, our community offers countless opportunities for kids to explore, imagine, and just be kids.

As a mom, I know how important it is to raise children in a place where they feel safe, supported, and excited about the world around them. It continues to be an honour to represent Cole Harbour and to



work on behalf of the families who call this community home.

As we count down to spring, I hope your family enjoys the small joys of the season. And if you see me out and about, please stop and say hello.

Wela'lin,

Leah Martin
MLA for Cole Harbour

With Gratitude

For more than three decades, Parent-Child Guide has been shaped by the people who believed in it—our advertisers, writers, and readers. We are incredibly grateful for the support and commitment you have shown us over the past 31 years.

This publication was sustained by advertisers who returned issue after issue, by writers who shared their voices and expertise, and by readers who welcomed us into their homes. Your continued involvement allowed the Guide to remain a trusted resource for families and a meaningful platform for community connection.

Working alongside local businesses, organizations, and contributors who shared our dedication to parents and children has been one of the most rewarding parts of this journey.

The March 31 issue of Parent-Child Guide will be our final edition as we move into retirement.

Thank you for the trust, loyalty, and encouragement you have shown us throughout the years. We are thankful for every contribution, every reader, and every partnership that made this publication possible.

With sincere appreciation,

Robert, Jennifer, and the Parent-Child Guide Team

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A Message from Claudia Chender, MLA Dartmouth South

Welcome to Spring, Dartmouth South! There are so many opportunities to come together as a community and after a long winter, it feels wonderful to breathe in the fresh air and soak up the sunshine.

The Zatzman Sportsplex offers a variety of community programs, including a free youth gym every Saturday from 7:00 to 8:30 p.m. for ages 12 to 15, access to their track, 7 days a week and a free Zumba class every Sunday at 10:15am.

For local treats and vendors, visit the Alderney Farmer's market on Saturdays from 8am-1pm, the Artisan Market on Sundays from 11am-3pm and the Waterfront market, featuring both fresh produce and works by local artisans, now

running on Wednesdays from 12:00 to 6:00 p.m.

The Back to the Sea Centre will open for the season on May 16th and is open for booking Birthday parties, club programs and school visits year round. If you're in the area, you can take a walk along the scenic Canada 150 Trail through Dartmouth Cove and let the kids play and explore at the playground in Ferry Terminal Park.

To explore the arts, Dartmouth South's Eastern Front Theatre is opening a new show, *The Ghost of Violet Shaw*, across the harbour at Neptune Theatre running from April 28 - May 24. You can also check out The MacPhee Centre for Creative Learning, who have been select-



Claudia Chender
MLA
Dartmouth South

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Nova Scotia Legislature*

claudiachendermla@gmail.com | 902-406-2301

ed as a Provincial recipient of the 2025 Changemakers award, for their Spring program registration.

Spring is the perfect excuse to get out, try something new, and enjoy everything Dartmouth South has to offer.

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Spring Term Spotlight: Building Confidence and Connection Through Performing Arts

by Stagecoach

Spring term is always such a special time at Stagecoach because it's show term! Our classes are full of excitement with rehearsals beginning and our students are working together to create a show they can feel truly proud of. Through singing, dancing, and acting, Stagecoach supports our students to feel confident, creative, and celebrated for who they are.

Why Performing Arts Matter

Beyond the scripts and choreography, our students are developing skills that last a lifetime. At Stagecoach, children flourish in a nurturing environment that encourages them to express themselves freely and discover their unique voice. As they engage in singing, dancing and acting, they gain confidence and resilience, learning to embrace new challenges with curiosity and courage. Along the way friendships naturally form, creating a sense of belonging and support that extends beyond the classroom. Every class becomes a space for growth, creativity and self-discovery, where children leave inspired and confident.

Our students learn to:

- Work as a team towards a shared goal
- Listen actively and support others
- Develop empathy and emotional awareness
- Build trust and friendships in a supportive space

The Benefits Beyond the Stage

The impact of performing arts doesn't end when the term is over. The confidence our students build carries into their everyday life.

Children who take part in performing arts:

- Feel a sense of belonging
- Gain confidence
- Be themselves
- Create friendships
- Take their confidence into school, social situations and the rest of their life

At Stagecoach, our Spring Show Term is about more than just the final performance. We focus on creating a welcoming environment where every child feels supported and encouraged to do what they love. Whether they naturally crave the spotlight or are still finding their feet, Stagecoach helps them discover their voice and provides a place where they can truly be themselves!

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Health & Wellness

The New Age of Orthodontics: Any Age

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



Think you are too old or too young to think about Orthodontics? Well think again.

Orthodontics is specialized area of dentistry that focuses on growth and development of the jaws and alignment and movement mechanics of the teeth. Healthy teeth and jaws are an important part of overall health. We rely on the mechanics of this complex system to function properly in order for us to eat, chew, swallow and speak properly. In other words, Orthodontics involves a lot more than just straightening teeth.

It is a common misconception that Orthodontics is “braces for teenagers.” While the teenage years coincide with the eruption of permanent teeth and a growth spurt that makes treatment at this age ideal, teen treatment is only one part of an Orthodontic practice.

Young children can also benefit from a trip to the Orthodontist as early diagnosis and preventative measures may mean they never require braces. The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7. An early exam is an important step in your child’s healthcare as early detection of some problems can indicate early treatment to avoid braces or surgery later on. Your orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead so that you can plan for any future treatment needs. Often Orthodontists like to see patients at a regular recall interval to track growth over time.

Adults, of all ages, can also benefit from treatment to ideally align teeth and jaws and more then ever adults

are choosing to embark upon their own orthodontic adventure. The effects of aging, combined with a poorly functioning bite, often causes wear of the teeth and surrounding structures. Adult patients may be seeking a treatment plan to fully restore their teeth to proper function or they may simply wish to improve esthetics to achieve the smile they have always dreamed of. Often times they are pleasantly surprised to find that esthetics and function go hand in hand so they will find their final result is both a functioning bite and beautiful smile.

Although some dentists perform limited orthodontic work, an Orthodontist is a certified specialist who is a dentist first, who then completes a 3 year residency in Orthodontics following their dental training. The easiest way to verify if a dentist is an orthodontist is to ask if they are a member of the

Canadian Association of Orthodontists.

Whatever your age or motivation, there are new advancements in Orthodontics that allow you to reach your goals more efficiently and esthetically. Ask us what Orthodontics can do for you and your family.

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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How to Help Your Child Build Math Confidence

Submitted by Oxford Learning

For many students, and let's be honest, many parents too, math can feel like a big, scary subject. Numbers, equations, and formulas can all seem overwhelming but math does not have to be intimidating. With the right mindset and support, students can not only understand math but also build lasting math confidence. We believe that every student can succeed in math with the right tools, encouragement, and guidance.

Why Math Feels Hard and Why It Doesn't Have to Be

Building math confidence can be challenging because math anxiety is very real. It often stems from early struggles, a fast-paced classroom environment, or the belief that you are either "a math person" or you are not. Over time, frustration can turn into avoidance, which makes math feel even harder. The truth is that math is a skill that can be learned like any other. Just like reading or riding a bike, it takes practice,

patience, and confidence to improve.

Building Math Confidence Starts Early

Confidence in math begins with small wins. When students start to see that they can solve problems, they begin to believe in themselves. Consistency and positive reinforcement play a major role in shaping how children view math. Parents can help support this confidence in a few simple ways:

- **Celebrate effort over perfection:** Praise the process, not just the right answer.
- **Make math part of daily life:** Grocery shopping, cooking, and budgeting all use math skills.
- **Play math games:** Board games, card games, and educational apps can make learning feel fun.

Common Math Roadblocks and How to Overcome Them

Whether it is fractions, word problems, or algebra, certain math topics trip up many students. That is completely normal. These

challenges are part of the learning journey. Tutoring offers personalized support by breaking down difficult concepts into manageable steps. With individualized attention, students can revisit key ideas, learn at their own pace, and ask questions without fear or pressure.

The Power of Tutoring in Math Success

Tutoring provides a safe space for students to catch up, keep up, or get ahead. Math tutors do more than teach content. They build trust, reduce anxiety, and help students develop a growth mindset. At Oxford Learning, each session is tailored to a student's unique needs, using strategies that match how they learn best.

When students gain math confidence, their entire academic outlook often changes. Grades improve, classroom participation increases, and students stop saying, "I'm just not good at math."

continued on page 15

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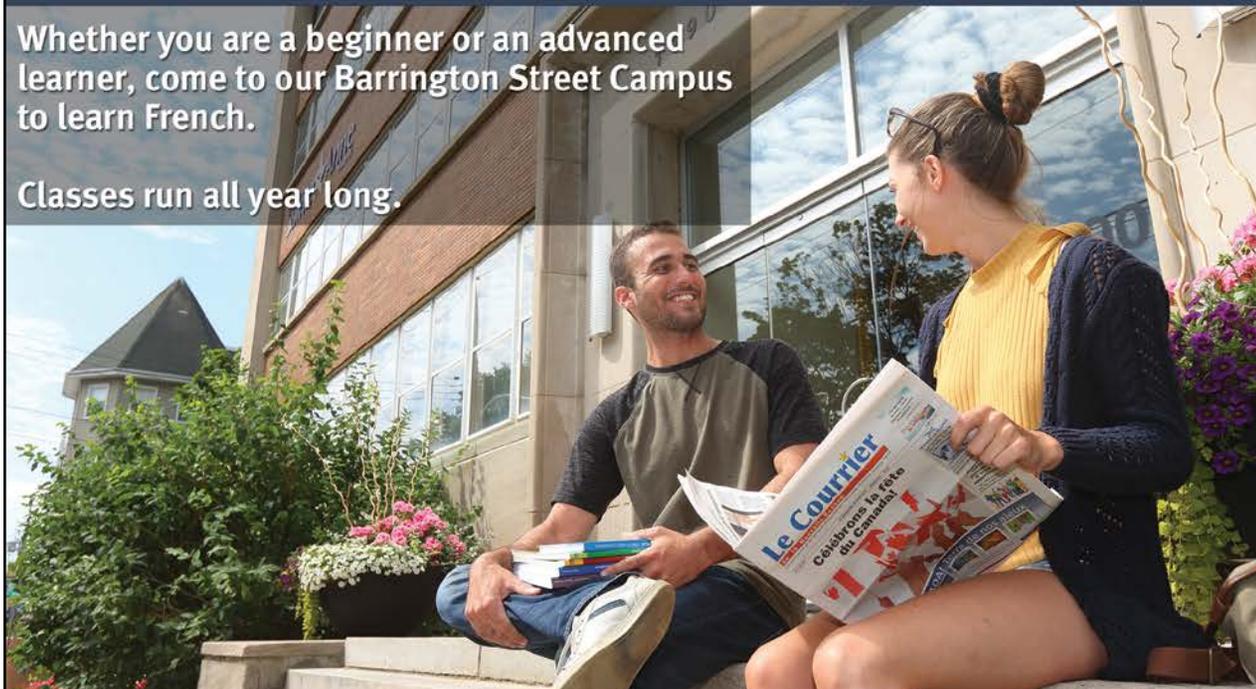
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continued from page 14

Conquer Math Doubts and Build Math Confidence

Math does not have to be a struggle. Any student can build strong math skills with encouragement, consistent practice, and the right support system. Whether your child is falling behind, needs homework help, or wants to tackle advanced challenges, we are here to help

make math something to look forward to.

Ready to help your child build more math confidence? Contact us today to find the right math program for your child's needs.

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

Ross Farm Museum's 2026 March Break Programs

By Rhea Hamlin,
Ross Farm Museum

The Ross Farm Museum's 2026 March Break Programming will take place from Saturday, March 14, to Sunday, March 22. The museum site and gift shop will be open throughout this entire period, featuring a different theme each day.

Our schedule includes:

- Tasty Treats on Saturday, March 14; Wednesday, March 18; and Saturday, March 21
- Woodland Wonders on Sunday, March 15, and Monday, March 16
- St. Patrick's Day on Tuesday, March 17
- Bees and Butterflies on Thursday, March 19
- Fairy Tales & Folklore on Friday, March 20
- Easter's Coming on Sunday, March 22

On our Tasty Treats days, visitors can enjoy hand-made ice cream in the workshop, along with other delicious treats in Rosebank Cottage. On our themed days, there will be crafts throughout the site, including in our one-room schoolhouse and workshop, as well as a special themed treat in Rosebank Cottage.

In addition to the themed programming, you and your family can enjoy the nature trail along Lake Lawson, sled down Larder Hill (snow conditions permitting), visit our heritage-bred animals, and refuel at The Hearth Room Café.



✓ FACT

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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
- LIFETIME WARRANTY

BATHFITTER.COM It Just Fits™

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MARCH BREAK 2026		
SATURDAY MARCH 14 Tasty Treats	SUNDAY MARCH 15 Woodland Wonders	MONDAY MARCH 16 Woodland Wonders
TUESDAY MARCH 17 St. Patrick Day	WEDNESDAY MARCH 18 Tasty Treats	THURSDAY MARCH 19 Bees & Butterflies
FRIDAY MARCH 20 Fairy Tales & Folklore	SATURDAY MARCH 21 Tasty Treats	SUNDAY MARCH 22 Easter's Coming

A photograph of a brown and white dog looking out of the open window of a dark-colored car. The car is on a paved road that curves to the left. The background features a large green tree on the left side of the road, a grassy field, and a clear blue sky. The overall scene is bright and sunny, suggesting a pleasant drive.

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