

2025 ACURA INTEGRA CLEAR-OUT.



ATLANTIC
ACURA



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

Parent-Child Guide

FREE December 2025/January 2026 Vol. 31 - No. 5 Est. 1995 **FREE**

BRIGHTER FUTURES BEGIN HERE

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



80 Hogan Court, Bedford | 6270 Quinpool Road, Halifax

oxfordlearning.com

AI IN
CLASSROOMS



REPORT CARD STRESS
TURN FEEDBACK
INTO AN ACTION PLAN
FOR YOUR CHILD

**WHY MORE ADULTS
ARE SAYING "YES" TO
ORTHODONTIC
TREATMENT**

Happy Holidays!



MacPhee



Serving the Community
Since 1983

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

AI in Classrooms?

By Claudette Bouman

Dear Parents,

AI. Everywhere I look in magazines and newspapers, online news, and in casual conversations over the past year or so the prospect of the AI revolution comes up.

The first time I really paid attention to what this most recent digital upheaval could mean was about six months ago. I was chatting with a worker at a local used-bookstore about changes coming to our neighborhood. Ground clearances had started for a new senior complex and an apartment high-rise. "Oh yeah, we're all going to be gone soon!" she declared, convinced that her book shop and the older apartment building attached to it were on the chopping block.

As an extension of her vision, AI was going to replace most jobs that people had, including hers. Her trade is in books. She thought people in the near future would buy, trade, and exchange fewer books than ever before. AI would provide the information people needed to do all types of work and replace many career categories. There would be less need for books and writers. Smart phones, laptops, and other electronic devices would become sources of preprogrammed answers offering solutions.

Apparently, every profession is likely to be affected; law, medicine, teaching, engineering and so on with sometimes startling results. For instance, AI can supposedly provide physicians with useful information and effective drug treatments for cancer care.

I was stunned into silence for a moment, not able to respond in an intelligible way. The encounter left me feeling unnerved about the world. As a retired teacher, a parent, and a writer the future looked challenging in new, unexpected ways.

More recently, I've read articles that address the enormous amount of scooping up that big tech companies have done in order to accumulate massive language datasets that operate AI models. Companies have slurped up information from hundreds of thousands of books, government documents, academic papers, online forums, social media feeds, and blogs to feed generative AI systems. Some of these big tech firms are currently facing push back, in class action lawsuits, from authors who never gave permission for use of their intellectual property.

I'm curious about the uses of AI in the classroom. One university professor in the Humanities, would like to keep her classroom AI free. I'm not clear on how she can do that with young adults.

What can relentless reliance on generative AI do to the developing brain?

I came across the right article in a recent issue of *The Guardian*: "Welcome to the Golden Age of Stupidity." A researcher at MIT set up an experiment and monitored people's brain activity while they wrote essays either with no digital assistance or with the help of an internet search engine, or ChatGPT. She found that the more external help students had, the

lower the level of brain connectivity. Brain networks associated with cognitive processing, attention, and creativity showed less brain activity when relying on AI.

The implication is that generative AI on a screen is information not knowledge. And our children's brains need to be challenged in order to develop knowledge through creativity and critical thinking skills.

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.



Wendy's 
**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

Parent-Child GUIDE

94 Bayview Rd., Halifax, N.S. B3M 1N9 Business Line: 902-209-4461
The *Parent-Child Guide* newspaper is published by Rockwell Publishing Incorporated.

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

parentchild@ns.sympatico.ca 902-209-4461

www.parentchildguide.ca

**NEXT PARENT-CHILD GUIDE Will Be Our
MARCH BREAK & SUMMER CAMP GUIDE, featuring
Fun Places to Go, Health & Wellness, Education, and More!
Printing on February 18, running to March 30, 2026
Advertising Deadline January 29, 2026**

ROBERT ROCKWELL, Owner/Publisher, Cell: 902-209-4461

Jennifer Park, General Manager

Printing by: TC Transcontinental Printing Halifax

Design by: Denise Postma

Funded by the Government of Canada

Canada

**Extraordinary
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.



**HEART TO
HOME MEALS**
DELICIOUS MEALS MADE FOR SENIORS™



CENTURY MAZDA

Locally Owned & Operated

CHOOSE MAZDA



CX-90

CX-70

1.95%
PURCHASE FINANCING
FOR 36 MONTHS

+

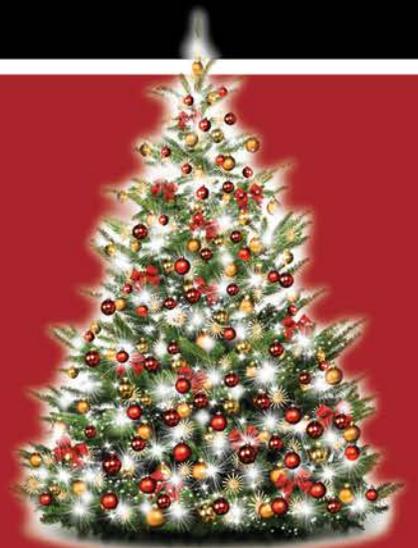
UP TO A
\$4,000
MAZDA BONUS

+

\$1,000
BONUS ON ANY MAZDA
ADDED PROTECTION PLAN

ON SELECT CX-70 AND CX-90 MODELS

SEASON'S GREETINGS AND
ALL THE BEST IN THE NEW YEAR
FROM CENTURY MAZDA FAMILY



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.

Passion, Purpose, Advice for Life

sutherlandgroup.ca



Terry Sutherland, CIM®
Portfolio Manager

Steve Sutherland, CIM®
Portfolio Manager

The Sutherland Wealth Management Group

1969 Upper Water Street, Suite 1601, Halifax, NS B3J 3R7

› Phone: 902-496-0856 › Toll free: 1-800-499-8801 › Fax: 902-496-7701



National Bank Financial – Wealth Management (NBFWM) is a division of National Bank Financial Inc. (NBF), as well as a trademark owned by National Bank of Canada (NBC) that is used under licence by NBF. NBF is a member of the Investment Industry Regulatory Organization of Canada (IIROC) and the Canadian Investor Protection Fund (CIPF), and is a wholly-owned subsidiary of NBC, a public company listed on the Toronto Stock Exchange (TSX: NA).

Gift an Experience This Holiday Season!

Purchase a gift card today!



Merry Christmas & Happy New Year from all of us at
The Little Gym of HALIFAX
902-431-5437
www.tlghalifaxns.com

MR. LUBE + TIRES

Be winter ready! Change your tires today!

No Appointment needed.



To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

Winter in Cole Harbour – A Note from MLA Leah Martin

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

As your MLA for Cole Harbour, it remains an honour to serve this community. Over the past months I've met with families, visited local

groups, and continued to bring your concerns and ideas forward at Province House. Your voices guide my work every day.

Winter in Nova Scotia brings a special kind of togetherness. From holiday lights to community gatherings, this season re-

minds us to slow down, check in on one another, and enjoy the warmth of our neighbourhoods.

Here are a few reminders as we move through the winter and Christmas season.

Holiday Safety
Keep an eye on decora-

tions, lights, and candles, and take extra care on winter roads when travelling to gatherings.

Cold Weather Wellness
Dress warmly, bring water with you to stay hydrated & stay active can bring a lot of holiday cheer. Lastly a quick visit

or phone call to a neighbour or senior can mean a lot this time of year.

Community Giving
If you're able, consider supporting a local food or toy drive or lending a hand to someone who may need it. Small acts of kindness go a long way.

I hope you'll take time to enjoy the events and traditions that make Cole Harbour shine in winter. The Christmas Tree Lighting event at the Firehall is one of my favourite events of the

year! If you see me out and about, please feel free to stop and say hello. I am here to serve you.

Wishing you and your family a safe and joyful holiday season.

Warmly,
Leah Martin
MLA for Cole Harbour
Minister of Youth
Minister responsible for the Office of the Status of Women
Minister of Communications
Minister of L'nu Affairs



✓ FACT

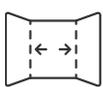
A bath remodel can be EASY & STRESS-FREE

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



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 31-03-2026. ‡ 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



Book your FREE design CONSULTATION today!

902-454-9228

94 TRIDER CRESCENT, DARTMOUTH, NOVA SCOTIA B3B 1R6

Leah Martin, MLA Cole Harbour

902-462-8907
leahmartinmla@gmail.com
1081 Cole Harbour Road,
Suite 6, NS, B2V 1E8

[f @Leah Martin for Cole Harbour](#)



Damian Stoilov MLA for Bedford South

Cell: 902-229-8854
Office: 902-405-3518
damianstoilovmla.com
contact@damianstoilovmla.com
620 Nine Mile Drive, Unit 208
Bedford, NS B4A 0H4



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



Brad McGowan MEMBER OF LEGISLATIVE ASSEMBLY COLE HARBOUR-DARTMOUTH

P: 902-435-3848
E: bradmogowanmla@gmail.com
250 Baker Dr, Suite 241 Dartmouth NS B2W 6L4



Season's Greetings & Best Wishes for the New Year



Suzy Hansen, MLA
suzyhansen@nsmla.ca
902-455-7300



Paul Wozney, MLA
paulwozney@nsmla.ca
902-864-6271

Claudia Chender, MLA
claudiachender@nsmla.ca
902-406-2301

Lisa Lachance, MLA
lisalachance@nsmla.ca
902-220-3021



Lina Hamid, MLA
linahamid@nsmla.ca
902-404-3220

Rod Wilson, MLA
rodwilson@nsmla.ca
902-943-0221

Susan Leblanc, MLA
susanleblanc@nsmla.ca
902-463-6670

To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

A Message from Hon. Tim Halman, MLA Dartmouth East

As the holiday season approaches, our community comes alive with the traditions and spirit that make this time of year so meaningful. From school concerts and festive light displays to local markets and family gatherings, there's a wonderful sense of connection that reminds us how fortunate we are to call this community home.

It's also a time to recognize and thank the many volunteers who dedicate their time and energy to supporting others. Whether through food banks, shelters, schools, or non-profit organizations. Your kindness and dedication make

a lasting difference, ensuring that every member of our community feels supported and cared for, not just during the holidays, but throughout the year.

As we move through this busy season, I encourage everyone to pause, unwind, and enjoy time with family and friends. The holidays are a chance to reflect on the past year, recharge, and cherish the simple moments that matter most.

On behalf of my family, I wish you and your loved ones a joyful and restful holiday season filled with laughter and love. May the new year bring good health, happiness, and new opportunities.



Hon. Timothy Halman
MLA
Dartmouth East

Phone: 902.469.7353
Email: timhalmanmla@gmail.com

99 Main Street, Suite 1
Dartmouth, NS B2X 1R4

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

As we approach the holiday season and look toward the new year, I've been reflecting on what this season means for families across Sackville-Bedford-Preston. It's a time to pause, look back on the past year, and celebrate the progress we've made together as a community.

Throughout this year, I've had the privilege of connecting with parents, children, educators, local leaders, and small business owners. Those conversations continue to remind me how deeply we all value safe, supportive communities where families

can thrive, and every child feels at home.

The year ahead brings new opportunities to build on our progress. I'm excited for what 2026 holds and remain committed to representing every family and community within Sackville-Bedford-Preston.

From my family to yours, we wish you a very Merry Christmas and a Happy Holiday Season.

May 2026 be a healthy and joyous New Year for you, your family, and friends.



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

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



Warm wishes for a Merry Christmas and Happy Holidays.

Joyeux Noël et meilleurs vœux pour la saison!

The Hon. | L'hon.
LENA METLEGE DIAB

Member of Parliament | Députée
Halifax West | Halifax-Ouest

✉ LenaMetlege.Diab@parl.gc.ca

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

Winter at Ross Farm Museum

By Rhea Hamlin, Ross Farm Museum

A visit in the winter months is special in its own way. Ross Farm Museum has winter demonstrations and workshops, such as snowshoe and toboggan-making, winter-themed weekends, and annual events like Winter Frolic and March Break. See our website for the event schedule and registration.

Please note, from January to May, our on-site interpretation program is open Saturdays, Sundays, and Holiday Mondays. The cafe and gift shop are open Wednesdays to Sundays, as well as holiday Mondays. Please be aware that the museum site will close for the holiday season from December 15th and reopen January 3rd, 2026.

We hope you come to visit us this winter.

For more information, please visit our website (<https://rossfarm.novascotia.ca>), give us a call at (902)689-2210, or check out our social media sites. We look forward to seeing you!



ESTABLISHED 1869

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

Winter Opening Hours

Our Museum site is open the following schedule:

Mon. - Fri.	CLOSED
Saturday	9:30 - 4:30
Sunday	9:30 - 4:30

Our spring & summer season will begin May 2026.



We wish you a warm and bright holiday season!

DARREN FISHER
MP for Dartmouth-Cole Harbour

f t i

@DarrenFisherNS

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

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

Finding Confidence, Connection, and Joy: The Gift of Performing Arts This Winter

Submitted by Stagecoach



The winter months can be a magical time for reflection and togetherness, but they can also bring restlessness for kids and stress for parents.

That's why this season is the perfect opportunity to explore something truly special: the performing arts.

A Stage for Confidence
Whether it's singing in a holiday concert, learning choreography for a winter showcase, or taking the stage for the very first time, performing arts offer children a space to discover their voice, literally and figuratively!

Through acting, dancing, and singing, children learn to express themselves in ways that build confidence, communication skills, and emotional awareness. The joy of

hearing applause for the first time, or even just finishing a performance with pride, this teaches resilience, courage, and self-belief that lasts far beyond the stage.

A Community of Connection
Winter often pulls families indoors, but performing arts programs bring them together, not just as audiences, but as participants in a creative journey. Parents watch their children grow, not just in skill, but in spirit. They see shyness turn into courage, and hesitation transform into excitement.

Being part of a supportive creative community helps children form friendships built on collaboration, empathy, and teamwork, values that light up even the darkest winter days.

A Gift That Keeps Giving

During the holidays, we often search for the perfect gift, something that inspires, lasts, and enriches our children's lives. The performing arts are exactly that kind of gift. They offer more than costumes and scripts; they offer confidence, creativity, and connection, qualities that will carry children through every season of life.

A Parent's Takeaway
For parents, watching your child step onto the stage can be one of the most heartwarming moments of the season. It's a reminder that growth often happens quietly, in the spaces where they're encouraged to shine and be their authentic selves.

As the snow falls and the year winds down, consider giving your child, and yourself, the gift of creative expression through

the performing arts. It's more than learning to act, sing, or dance. It's about discovering who they are and sharing that light with the world.

This Winter, Let Creativity Take Center Stage

At Stagecoach Performing Arts, our classes in acting, singing, and dancing give children a safe space to explore their creativity, build confidence, and make life-long friendships, all while having fun.

Register Stagecoach Performing arts Halifax now! With winter term classes in Halifax, Bedford, and Dartmouth.

Learn more at stagecoach-schools.ca/halifax-ca



Parent-Child Guide



DON'T MISS OUT
on our next edition featuring our **MARCH BREAK & SUMMER CAMP GUIDE**

including *Fun Places To Go, Health & Wellness, Education, and More!*

Printing on February 18, running to March 30, 2026

Advertising Deadline January 29, 2026

For More Information Please Contact:
Robert Rockwell 902-209-4461
parentchild@ns.sympatico.ca



REGISTER FOR WINTER TERM!

Inspiring students for over 35 years and giving them **Creative Courage** to embrace life!

Singing, dancing & acting classes for 4 - 18 year-olds



StageCoachSchools.ca/Halifax-ca
902-266-2601



**ON VIEW UNTIL
JANUARY 3,
2026**

MUSEUM OF
NATURAL
HISTORY

A PART *of* THE NOVA SCOTIA MUSEUM

BRICKS BY THE SEA

Education Education Education Education Education Education

Decisions, Decisions: Choosing the Right French Program for a Brighter Future!

Submitted by Canadian Parents for French, Nova Scotia

When is too early to start thinking about schooling decisions for your little ones? The answer may surprise you.

While your child is learning to talk, read, and interact with the world, they're at the perfect age to begin a second language! During these early years, establishing learning goals for your children can be incredibly beneficial for them in the long term. However, determining which French as a Second Language (FSL) program is the right fit for you may feel daunting.

Understanding your options and making an informed decision on your child's educational plans will set your family up for success.

Consider the Benefits!

Bilingualism offers many benefits to learners at any stage of life, but particularly during the early childhood years. So many skills are attributed to learning a second language, everything from increased attention span, to creative problem solving, and organisational skills.

According to the **Office of the Commissioner of Official Languages**, in the long term, bilinguals in Canada have access to more job opportunities, face fewer communication barriers when travelling abroad, and benefit from familiarity with another culture.

Outlining Your Goals and Selecting a Program to Match

Reflecting on your child's educational goals early is crucial to achieving the desired outcomes and aligning your child's school programming accordingly.

What are you hoping to accomplish? Perhaps you're looking for your child to gain fluency in a second language. Or, cultural exposure to Canada's official second language may be the end goal. Maybe the idea of basic comprehension is an ideal outcome for your family.

No matter your learning goals for your child, there are programs designed to support them on their journey, each one providing unique benefits to its learners. The best way to feel empowered in your decision is to understand the FSL programs available to you.

The HRCE offers Core French, Intensive French, French Immersion, and Integrated French programs. For descriptions of these programs, go to www.hrce.ca/students/general-information/french-programs

Making an Informed Decision

Choosing the right FSL program for your child will come down to your unique family and your child's learning goals. Canadian Parents for French is here to support you and your child's journey in becoming bilingual. www.cpf.ca



**Open the Door to Opportunities!
Enjoy the Benefits of Bilingualism!**

**Early French Immersion
registration opens
February 2, 2026 in the HRCE**

To learn more about the French Immersion program, contact CPF Nova Scotia

8 Flamingo Drive
Halifax, Nova Scotia B3M 4N8

Tel: (902) 453-2048 | **TF:** 1-877-CPF-5233
Fax: (902) 455-2789 | **Email:** cpf@ns.cpf.ca

ns.cpf.ca

[cpf.ns](https://www.facebook.com/cpf.ns) [@CPFNovaScotia](https://twitter.com/CPFNovaScotia) [cpfnovascotia](https://www.instagram.com/cpfnovascotia) [CPF Nova Scotia](https://www.youtube.com/CPF Nova Scotia)

Young Amputees' Lasting Bond Reflects Magic of The War Amps

The War Amps Child Amputee (CHAMP) Program, now in its 50th year, provides financial assistance for artificial limbs, peer connections and so much more.

For Jaelynn Creelman, 12, and Chloe Dunbar, 16, growing up in The War Amps Child Amputee (CHAMP) Program has meant sharing a unique and lasting bond.

They were reminded of this at the 2025 Atlantic CHAMP Seminar in Halifax, where they were able to reconnect and celebrate the 50th anniversary of the CHAMP Program with a group of more than 60 child amputees and their families.

"I was matched with Chloe through The War Amps when I was two years old, and we have kept in touch ever since," says Jaelynn. "We were both born with similar amputations, so we understand each other and can talk about our experiences."

Jaelynn was born with-

out her left arm below the elbow, and Chloe was born without her right arm below the elbow. Chloe says it has been rewarding to share advice with Jaelynn over the years, about anything from what artificial arms she uses day-to-day to how to tie a ponytail with one hand.

"Ever since we met, Jaelynn has been a special presence in my life," Chloe says. "She showed up to support me at my cheer competition a few years ago, and we were wearing matching tumbling arms that day," she adds, referring to the specialized artificial arms amputees can wear for mat activities like yoga and gymnastics.

Through CHAMP, both Jaelynn and Chloe have received financial assistance for the artificial arms they have needed to participate in activities, as well as for everyday life. This is in addition to the peer

support they receive through the organization, such as attending their regional seminars.

"We're so thankful to everyone who donates to The War Amps. Your support means the world to us and our families," Chloe says.

CHAMP was established in 1975 by the war amputee veterans who founded The War Amps. The War Amps does not receive government grants; its programs are funded thanks to the public's support of the Key Tag Service.

Learn more: waramps.ca or call 1 800 250-3030.



Chloe, left, and Jaelynn at The War Amps 2025 Atlantic CHAMP Seminar

Exceptional Home Care



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

Bayshore
Home Health

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

Education Education Education Education Education Education

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 **Halifax 902.701.9254**
80 Hogan Court 6270 Quinpool Road
bedford@oxfordlearning.com halifax@oxfordlearning.com






[oxfordlearning.com](https://www.oxfordlearning.com)
Proudly Canadian 

Report Card Stress – Turn Feedback into an Action Plan for Your Child

Submitted by Oxford Learning

Report cards can be a stressful moment in any household. As a parent, you want your children to succeed, and kids often worry about how their grades will be received. If the results aren't what you expected, emotions can run high. However, report cards aren't the final verdict: they are a snapshot in time and a powerful tool to guide learning forward.

What Report Cards Really Measure

Most report cards are designed to indicate two key considerations:

1. Academic achievement: How well a student understands curriculum concepts up to this point
2. Learning skills & work habits: Organization, initiative, attention, effort, and responsibility

Those second items matter just as much as the marks. In many cases, when grades slip, the root issue is a learning skill gap, rather than a child's ability.

Look for patterns such as:

- Low marks in organization and missing assignments
- Strong class participation, but struggles on tests
- Good grades in reading, but weaker writing skills

Patterns can help you understand why grades are the way they are.

FIVE REPORT CARD TIPS

1. **Talk About the Report Card With Curiosity, Not Criticism**
Children, especially younger ones, may take grades person-

ally. Your response can help set the tone, be it positive or negative.

Try these supportive questions:

- "What part of school feels easiest for you right now?"
- "Was there anything that made learning harder this term?"
- "Is there something you're proud of that isn't on the report card?"
- "What's one small goal you'd like to work on next?"
- Praise effort, highlight strengths, and stay calm.

2. Focus on Skills, Not Just Subjects

Many parents look directly at final grades first, but the biggest opportunity is in the skills behind the grade, such as:

- Study habits
- Time management
- Note-taking strategies
- Reading comprehension
- Math problem-solving
- Confidence and mindset

Improving skills leads to lasting improvement, not just a short-term bump.

3. Watch for These Common Report Card Red Flags

If you notice any of the following, it may signal a need for extra support:

- Grades dropping from term to term
- Difficulty in one subject that spills into others
- Teacher comments about

focus, organization, or missing work

- Reading below grade level
- Test anxiety or avoidance of homework
- Your child suddenly not liking school anymore

Small struggles can multiply if ignored, but if caught early, they're much easier to address.

4. Create an Action Plan Together

Once you've identified strengths and challenges, turn the report card into an action plan.

- Step-by-step growth approach:
- Choose one priority area
- Set a goal that's small and achievable
- Build consistent routines, like 15 minutes of reading nightly
- Review progress every couple of weeks
- Celebrate wins (even tiny ones!)

Growth compounds fast when kids feel supported and capable.

5. When to Ask Teachers for More Insight

Teachers want students to succeed, and they can offer helpful details that are not available on formalized reports.

Here are great questions to ask:

- "Which skills would help most in the next term?"
- "What strategies work best for my child in class?"

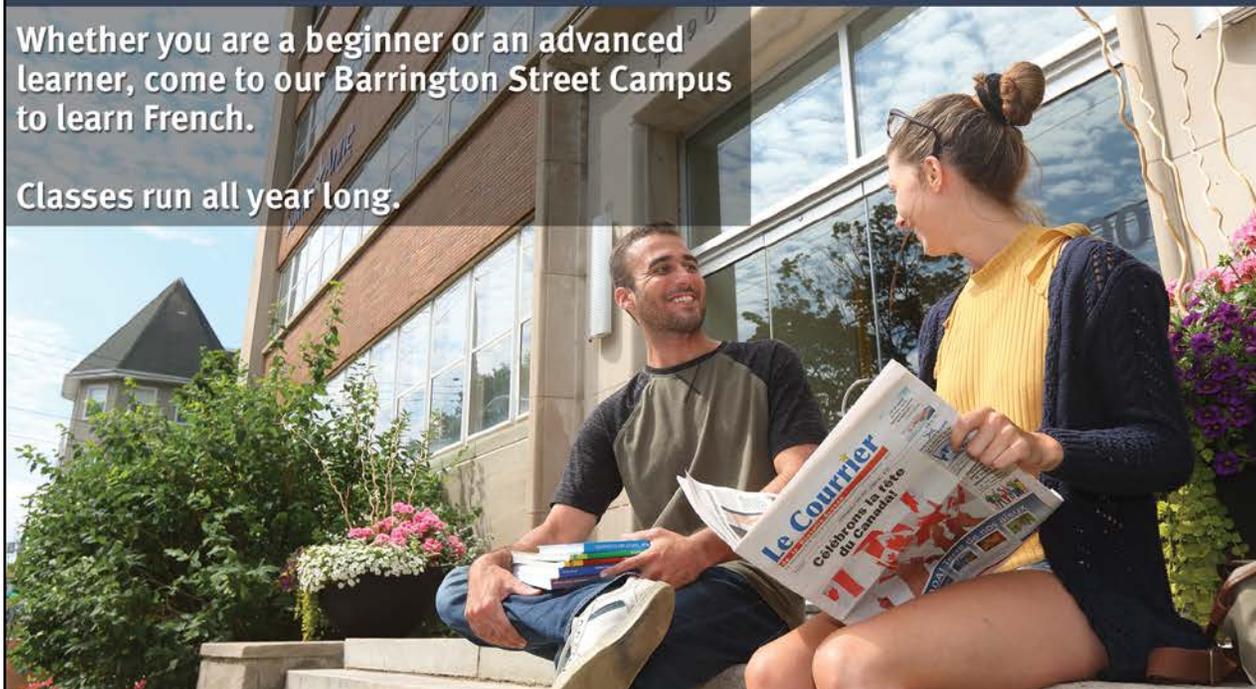
continued on next page

Learn French in Halifax

PART-TIME DAY AND EVENING CLASSES

Whether you are a beginner or an advanced learner, come to our Barrington Street Campus to learn French.

Classes run all year long.



10 weeks, 22.5 hours
\$200!

FOR MORE INFORMATION
fls@usainteanne.ca
902-424-4344

Université
Sainte Anne
Campus de Halifax

continued from page 12

- “How can we support learning at home?”

Teachers appreciate proactive parents, and your child benefits from a team approach.

Tutoring Support Can Boost Confidence Quickly

Sometimes kids need personalized attention that schools can't always provide. Tutoring can help bridge skill gaps, build confidence, and create momentum in learning, especially after a challenging report card progress report.

A good tutor can:

- Target the exact skills your child is missing
- Adapt teaching to your child's learning style
- Provide routine and accountability
- Celebrate progress to build confidence

The goal isn't just better grades, it's helping students feel capable and motivated. Tutoring can also offer some great report card tips for parents!

Report Cards Are a Beginning, Not an End

Whether your child's grades are

strong or struggling, a report card is simply information, a guide to keep your child learning, growing, and improving. With the proper support, your child can turn feedback into fuel for success.

If you're feeling unsure where to start, we can help you create a personalized learning plan that builds confidence and leads to long-term achievement. Every student can grow with the right tools and support.

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

Health & Wellness

Why more adults are saying “yes” to Orthodontic treatment.

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group



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 of 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. Braces are now smaller, smoother 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. Ask your Orthodontist today 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, Halifax and Sackville, 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

Beautiful Smiles have no age limit!

-see us for your before and after

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

before

after

To All Our Customers & Friends Seasons Greetings & Best Wishes For The New Year

LAURIE'S COMPLETE AUTOMOTIVE

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

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



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

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

NOVA AUTOMOTIVE

The Engine Builder

18 Waddell Avenue, Dartmouth

COMPLETE AUTOMOTIVE SERVICES

Parts & Service

Tel: (902) 468-1686 Fax: (902) 468-4031

VAN GO DELIVERY LTD.

The Small Company that's BIG on Service!

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

TD 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

TOM MCDONNELL'S SERVICE CENTRE

(Dyno-Tech Ltd.)

2703 Clifton Street
Halifax, NS B3K 4V4

Tel: (902) 455-0431

Complete Automotive Service

J 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

Season's Greetings & All the Best in 2026
from the Creative Kid's Team



109 White Hills Run, Hammonds Plains

902-832-5437

www.creativekids.info

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

Season's Greetings & All the Best in 2026



FIND US AT:

14 DAWN DR,
DARTMOUTH, NS

(902) 468-1995

DartmouthMetals.com
Info@dartmouthmetals.com

WE BUY:

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

Professional Land Surveying and Survey-Engineering



ALDERNEY



(902) 465 7300
www.alderney.ca

Paula's Place Tailor Shop Ltd.

In Business For Over 40 Years
Thank You for Patronage Over the Years
Remodeling, Alterations, Dry Cleaning, Shoe Repair, Key Cutting, Sharpening, etc...

Merry Christmas and God Bless You!
May This Year Be Special!

30 Farnham Gate Road, Rockingham Ridge Plaza, Halifax
Tel: 902-443-5333

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

Seasons Greetings to All of our Customers & Friends
and All the Best in 2026!

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

Seasons Greetings & Best Wishes for the New Year to All of our Customers & Friends



The Management & Staff of KAISER'S SUB & SANDWICH SHOPPES extend their sincerest wishes for a

Merry and Joyous Christmas and a Happy & Prosperous New Year

to all their customers in HRM and Nova Scotia.

Thank You for Your Continued Patronage. It is Very Much Appreciated.

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

Merry Christmas & All the Best in 2026 to Everyone!



The holiday season is here once again, and with it comes a moment to reflect on the people who make our work possible. We are deeply grateful to all our advertisers and writers whose continued support has helped keep our local HRM publication thriving for almost 31 years. Your trust, partnership, and dedication mean more than words can express — thank you.

with warmth, family, and friends. May 2026 bring good health, happiness, and wonderful opportunities to you and your loved ones.

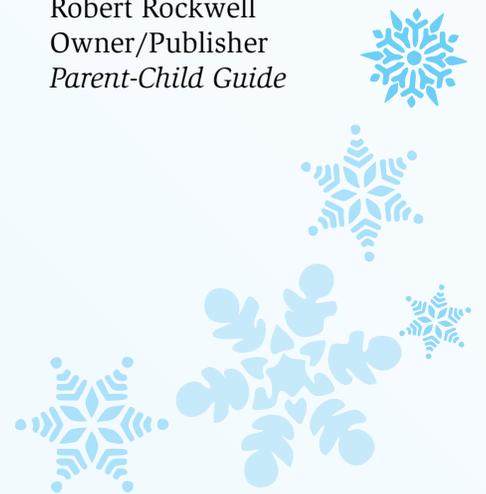
Merry Christmas and Happy New Year!

With sincere appreciation,
Robert

Robert Rockwell
Owner/Publisher
Parent-Child Guide

I would also like to extend heartfelt appreciation to our loyal readers. Your kind words, engagement, and enthusiasm for the Parent-Child Guide Newspaper over the past three decades have been truly inspiring. You are the reason we continue to share stories, resources, and community connections year after year.

On behalf of the entire team at the Parent-Child Guide Newspaper, we wish you a joyful holiday season filled



Serving Halifax and Dartmouth since 1969
We specialize in Freezer Orders

Monday, Tuesday, Wednesday 8:30am-6:00pm
Thursday 8:30am-7:00pm
Friday 8:30am-7:30pm
Saturday 8:30am-6:00pm
Sunday - CLOSED -

250 Wyse Road
Dartmouth, NS B3A 1N2
902-464-4777

*To All Our Customers & Friends
Seasons Greetings & Best Wishes
for the New Year*

From Chater Meat Market

www.chatermeatmarket.com





SEASON'S GREETINGS
FROM ALL OF US AT O'REGAN'S!

Happy Holidays from **O'REGAN'S**