

## Why reading matters

- For teens: Reading supports empathy, creativity, academic success, and mental well-being.
- For parents and families: Shared reading nurtures closeness, builds communication, and enriches children's emotional and linguistic development.

### Quotes to enthuse you...

- Dr. Seuss: *"The more that you read, the more things you will know. The more that you learn, the more places you'll go."*

Why it matters: Reading expands horizons and fuels imagination—a real passport to new worlds. [\[success.com\]](#), [\[greenlight.com\]](#)

- C.S. Lewis: *"We read to know we are not alone."*

Why it resonates: Especially in adolescence, books can offer comfort and connection, helping teens feel understood. [\[teachthought.com\]](#), [\[weareteachers.com\]](#)

- Mason Cooley: *"Reading gives us someplace to go when we have to stay where we are."*

Why it matters: Books provide a safe escape, especially useful during stressful school years or personal challenges. [\[teachthought.com\]](#), [\[gladreaders.com\]](#)

- Stephen King: *"Books are a uniquely portable magic."*

Why it inspires: Emphasizes how stories transform everyday moments into thrilling adventures. [\[southernliving.com\]](#), [\[teachthought.com\]](#)

- Emilie Buchwald: *"Children are made readers on the laps of their parents."*

Why it matters: Highlights how parental involvement—reading aloud or alongside—instils a lifelong love of books. [[greenlight.com](https://www.greenlight.com)]

- Kate DiCamillo: *“Reading should not be presented to children as a chore, a duty. It should be offered as a gift.”*

Why it resonates: Encourages parents to frame reading as something joyful to share, not just schoolwork. [[greenlight.com](https://www.greenlight.com)]

- George Saunders (on family story time): *“A minute spent reading to your kids now will repay itself a million-fold later... years later... those quiet evenings... will seem... sacred.”*

Why it matters: Reminds us that these moments build lasting bonds and memories. [[mayasmart.com](https://www.mayasmart.com)]

- Meghan Cox Gurdon: *“Reading aloud is a restorative that can replenish what technology leaches away.”*

Why it's relevant: Offers a welcome alternative to screen time—a chance to reconnect through stories. [[mayasmart.com](https://www.mayasmart.com)]