

Celebrate National Reading Month

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“The more that you read, the more things you will know.
The more that you learn, the more places you’ll go.”

Many people recognize this quote from Dr. Seuss’s book, “Oh, the Places You’ll Go!”. March is designated as National Reading Month to celebrate the birthday of this famous author and his impact on creative storytelling. This national celebration was established as a way to promote reading to individuals of all ages.



Reading is a crucial part of every individual’s life, regardless of age. For children, it is a large component of education while for adults, it is part of professional development. Reading is also a leisure time activity that has many immediate and long-lasting health benefits. Studies have found increased cognitive function, memory, vocabulary, empathy, and decreased levels of stress in individuals that read regularly. When done before bedtime, it has the potential to prevent or delay the onset of Alzheimer’s disease. Reading even has the power to strengthen relationships through shared learning.

There are several ways you can celebrate this national holiday all month long. One of the simplest would be to visit a library or read the books you already have on hand. Libraries provide great environments for young children where they can access books for free while being immersed in a learning atmosphere. Another easy way to celebrate is to read with a family member or friend. Studies indicate that when parents read to their children, it helps with bonding and attachment. Read aloud even if it’s for a short period. Reading aloud develops fundamental skills, promotes social interaction, and improves vocabulary, word recognition, listening comprehension, and cognitive development.

The importance of reading extends far beyond educational development. Pick up a book and enjoy all the benefits of reading during National Reading Month. You might even create a positive habit that lasts throughout your whole life! For more information, contact Cassidy Lutz at celutz@ksu.edu or by calling 620-625-8620.