



# Reading is Vital for Teens

Parenting a teenager can be hard work. School, social, and general life issues are demanding enough, without the additional challenge of encouraging a reluctant reader. But to all you dedicated parents who are trying to do just that – I commend you! Reading is crucial for teens and it is essential for many teens to have parental support in this area.

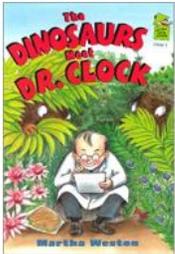
Why is reading so important for teens? For one, teens who read typically do better in school. Reading, both for fun or for information, helps to build vocabulary and even improves writing skills! Teens who read also have higher comprehension skills which are vital to have when taking college admissions tests. Beyond this, reading expands teens' horizons and helps to teach them about other people and different places in the wider world.

Besides the educational benefits of reading, a recent study from Sussex University shows that reading is the best way to relax. Reading helps to de-stress a person faster than listening to music, taking a walk, or even having a cup of tea or coffee – and what teen doesn't need to de-stress! So keep encouraging your teen to read! It's a positive life habit that can not only impact their education but also their emotional and intellectual wellbeing. — Anna Jackson, *Young Adult Coordinator*



## book reviews

### ***The Dinosaurs Meet Dr. Clock* by Martha Weston**



This is a lovely little story that is an easy read for kids but still has some challenging words as well. Dr. Clock sets out on a trip to find Dinosaurs and they seem to find him first.

The art work in this book is so cute and friendly and the story is a bit of silly with some fun thrown in. A very enjoyable read for a lower level student and something a parent can relax with as there are not negative aspects that I noticed. Whether you view dinosaurs according to the evolutionary thought process or the religious point of view this book is sure to satisfy.

I give it **5 out of 5 stars**. (J)

### ***The Kingdom of Back* by Marie Lu**

Nannerl Mozart: child prodigy, composer, and musical genius—ring a bell? Probably not, society hid her talent due to her gender. Pick up *The Kingdom of Back*, by Marie Lu and learn about this incredibly gifted young woman, whose brother Wolfgang received all the fame.

Lu weaves the genres of historical fiction, magical realism, and sci-fi into one exquisite book. The novel includes quests in a magical place called *The Kingdom of Back*, which the Mozart siblings made up in real life. Lu uses this kingdom to illustrate the battle going on inside Nannerl. Should she disobey her father and share her talent? Should she give in to bitterness towards her brother?

If you like exquisite writing, historical fiction, magical realism, and music, I would highly recommend *The Kingdom of Back*. (YA)

