Parents: This Simple 20-Minute Habit Can Change Your Child's Future

Reading for just 20 minutes each night may not seem like much—but it adds up fast.

In a single year, that habit adds up to 7,300 minutes, or more than 121 hours of reading. Keep it going for five years, and your child will spend over 608 hours with books.

That time matters. Children who read daily are exposed to thousands of new words each year—far more than they'd ever hear in everyday conversation or see on a screen. Reading also strengthens focus, memory, imagination, and the ability to understand complex ideas.

And the benefits go well beyond language. Students who read regularly perform better in every subject because reading builds background knowledge, critical thinking, and confidence.

This is why we ask parents to set aside 20 minutes every day for their children to read.

📖 No phones.

📺 No TV.

💻 No computer.

Video explanation here: →

SCAN ME

Just a book and 20 minutes.

Some days, ask your child about what they read. Other days, let the book speak for itself. Keep it light, keep it natural—the real goal is to build the habit of reading for pleasure and having genuine conversations about books.

The bigger goal? To nurture a lifelong reader and learner.

So here is your homework: Have your child pick a book that truly interests them. Then, set aside 20 minutes of quiet, focused reading time each day. And if you choose to read alongside them—even better.