

🔍 Find Counselling (City or Postcode)



Robyn Fivush Ph.D.  
The Stories of Our Lives

## FANTASIES

# Read a Book With Your Child and Dream Together

Stories compel us to engage with new worlds and novel characters.

Posted March 10, 2025 | 🇺🇸 Reviewed by Michelle Quirk



## KEY POINTS

- Reading fiction builds literacy skills and also increases empathy.
- Stories transport us into other minds, other worlds, and other dreams.
- Children growing up with more stories are more prosocial and popular.

“A book is a dream that you hold in your hands” according to author Neil Gaiman. Or, more simply, in the words of Dr. Suess, “The more you read, the more things you will know. The more you learn, the more places you will go.” Stories transport us, they take us to new places, into other minds, other worlds, and other dreams. Stories are compelling and they compel us to engage in unknown worlds. Stories are, indeed, magic.

The late Sandra Dunagan Deal, a former first lady of my home state of Georgia, founded the Center for Early Language and Literacy at Georgia College & State University as her legacy project in 2017. The Center continues to be at the forefront of research and programming aimed at increasing literacy across the state. Every February is volunteer month when community members are encouraged to share their love of reading with young children in schools, in libraries, and in homes, but, of course, reading with young children is important all year long. Reading to and with young children is among the most effective ways not just to build literacy and other academic skills but also to build connections and relationships, empathy, and understanding.