

# I Love My Father

A colorful illustration of a father reading to his child in a bedroom at night. The father, a Black man with a beard, is sitting on the edge of a bed, wearing a pink shirt and reading a book. The child, a Black boy with curly hair, is lying in bed under a blue blanket with yellow stars and crescent moons. A pink teddy bear and a yellow star-shaped pillow are next to the child. A nightstand with a yellow lamp and books is to the left. A window shows a night sky with stars and a crescent moon.

By Marta Perez, Ph.D.  
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Illustrated by Mandira Biswas

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## **From the Authors**

We wrote this book to celebrate the importance of fathers.

We asked children of all ages, from four to ninety-four, “Why do you love your father?”

Some of the answers surprised us. Some children love their fathers for the little things they do like cooking spaghetti. Others expressed great admiration for all the big things fathers represent and said their fathers were their heroes.

Some of the grown children we asked, sadly, said they did not really like their fathers, but when pressed they could find some positive ways their fathers influenced their lives.

We ask you, gentle reader, to take a moment to think about your father and what he means to you. If your father is nearby, tell him why you love him and give him a huge hug. If he is not nearby, call him and say that you love him. If your father has passed away (as is the case with the authors), think of a wonderful memory of being with him.

If you are a father yourself, consider yourself a fortunate guy. You have helped shape the lives of very special people with your love and guidance.

Sincerely,

Marta Perez and Lawrence Shapiro

## **About the Authors**

Marta Perez has a Ph.D. and a J.D. She has been a school board member in Miami-Dade County Public Schools, the fourth largest school district in the nation, for 24 years. Marta received the Green Garner Award in 2021, which is given to the top school board member in the nation.

Dr. Lawrence E. Shapiro is an internationally-known child psychologist and author, whose work has been translated into 28 languages. Lawrence is best known for his practical innovations in addressing the mental health of children and teens.



**I love my father  
because he is so silly!**





I love my father because  
he taught me how to  
throw a ball. .





I love my father because  
he takes care of me  
when I'm sick or when I  
get hurt.





I love my father because  
he makes me and my  
brother spaghetti.







**I love my father because he holds my hand when we walk.**



I love my father because  
he plays with me, even  
when he looks tired.





I love my father because he brings home groceries.





An illustration of a father and son in a living room. The father, with brown hair and a light beard, wears a purple t-shirt and green pants. He stands behind a red sofa, looking down at his son. The son, also with brown hair, wears a green long-sleeved shirt with yellow stripes and green pants. He is kneeling on a green rug, looking up at his father. The room has a light blue tiled floor, a green plant on a table, and a blue sky with white clouds and birds visible through a window. A speech bubble contains the text.

**I love my father  
because he is so  
strong.**





**I love my father because  
he is so kind.**





**I love my father because  
he is my best friend.**

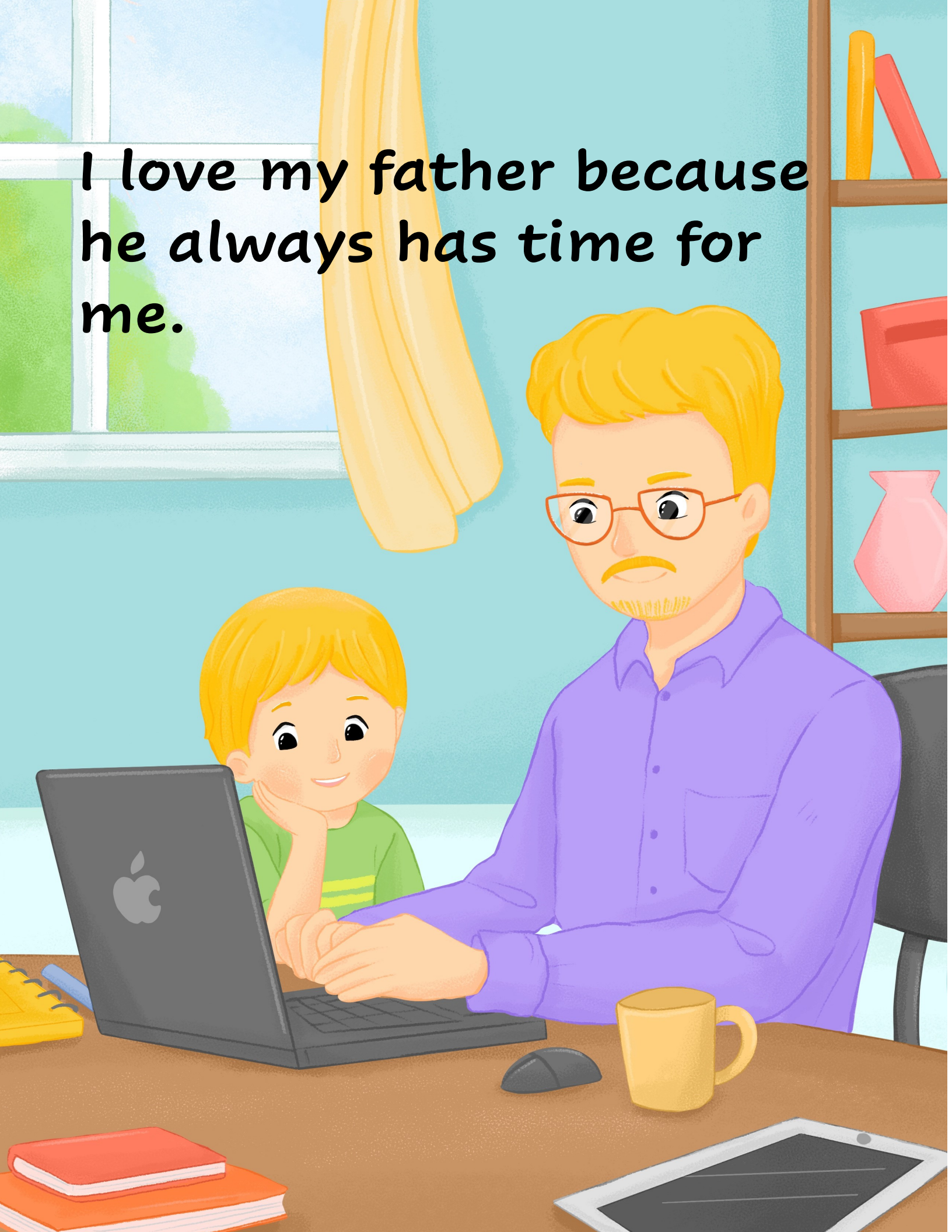




**I love my father because he  
plays with me.**



**I love my father because  
he always has time for  
me.**



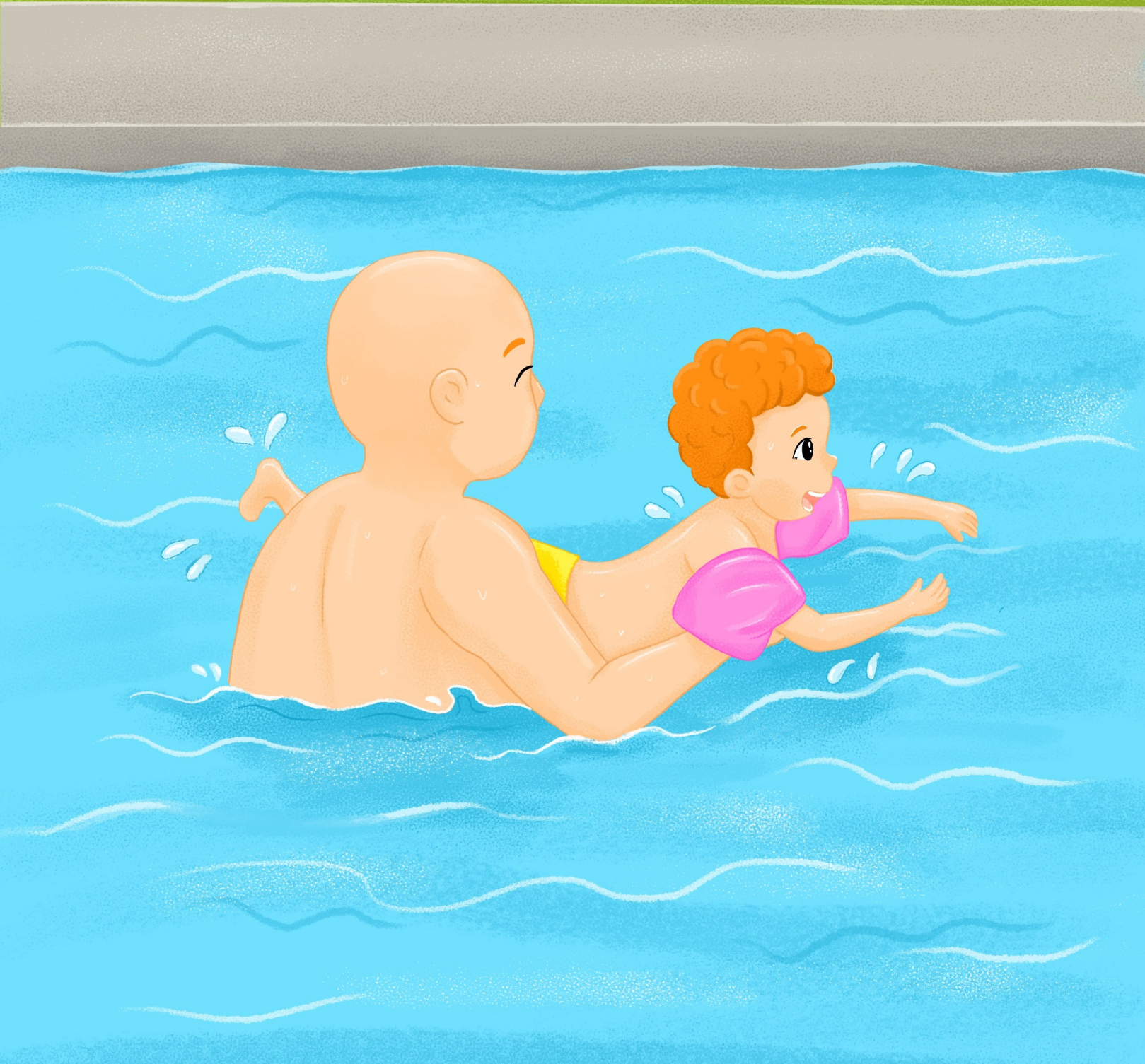


I love my father because  
he picks me up at  
school.





**I love my father because  
he teaches me how to  
swim in the pool.**





An illustration of a young girl with a long black braid, wearing a purple long-sleeved shirt and a pink plaid skirt, hugging her father from behind. The father is wearing a blue long-sleeved shirt and green pants. They are standing in front of a light blue wall with several pink doors. To the right, there is a green tree and a potted plant on a blue stand.

**I love my father because  
my father loves me.**