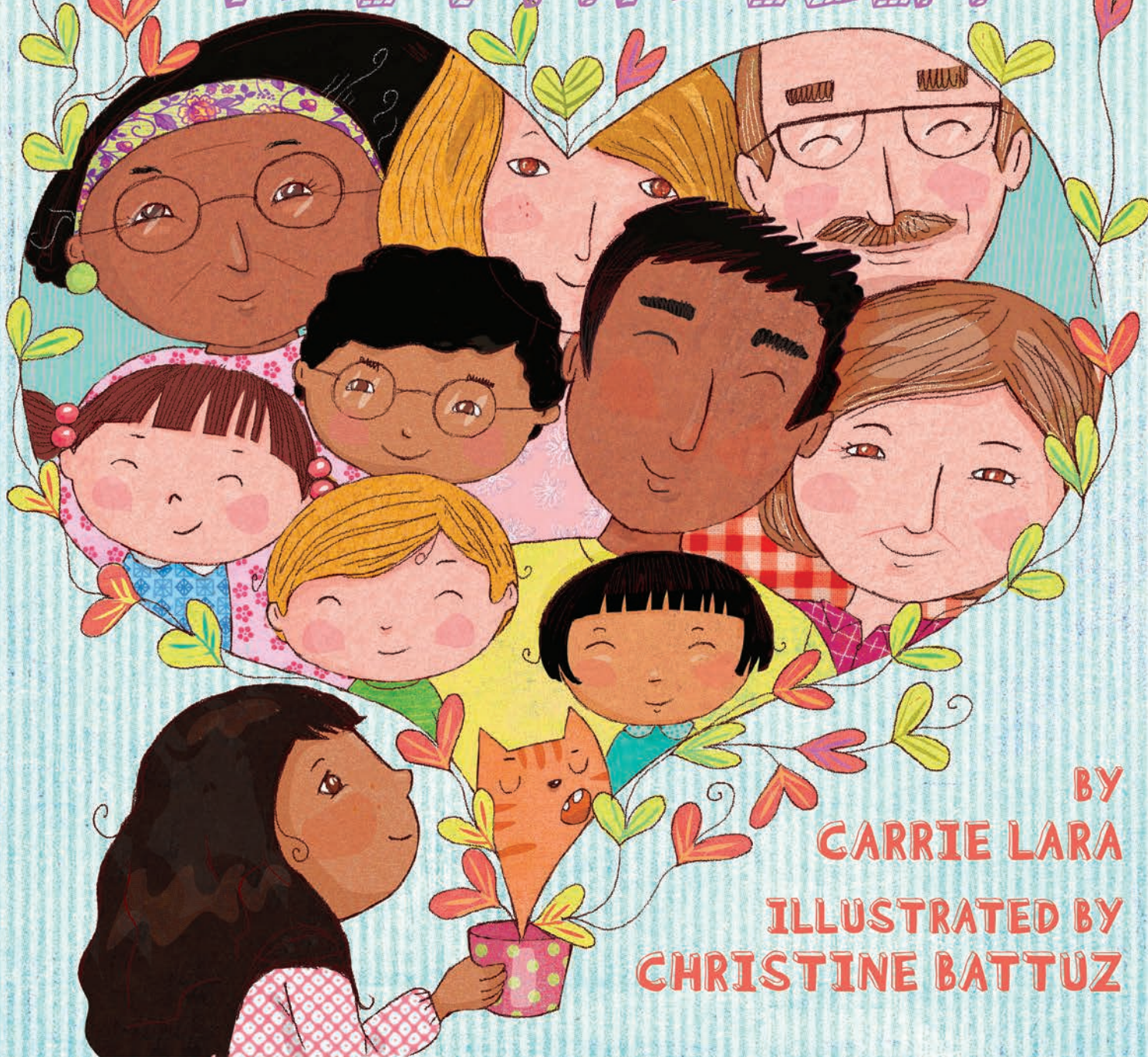


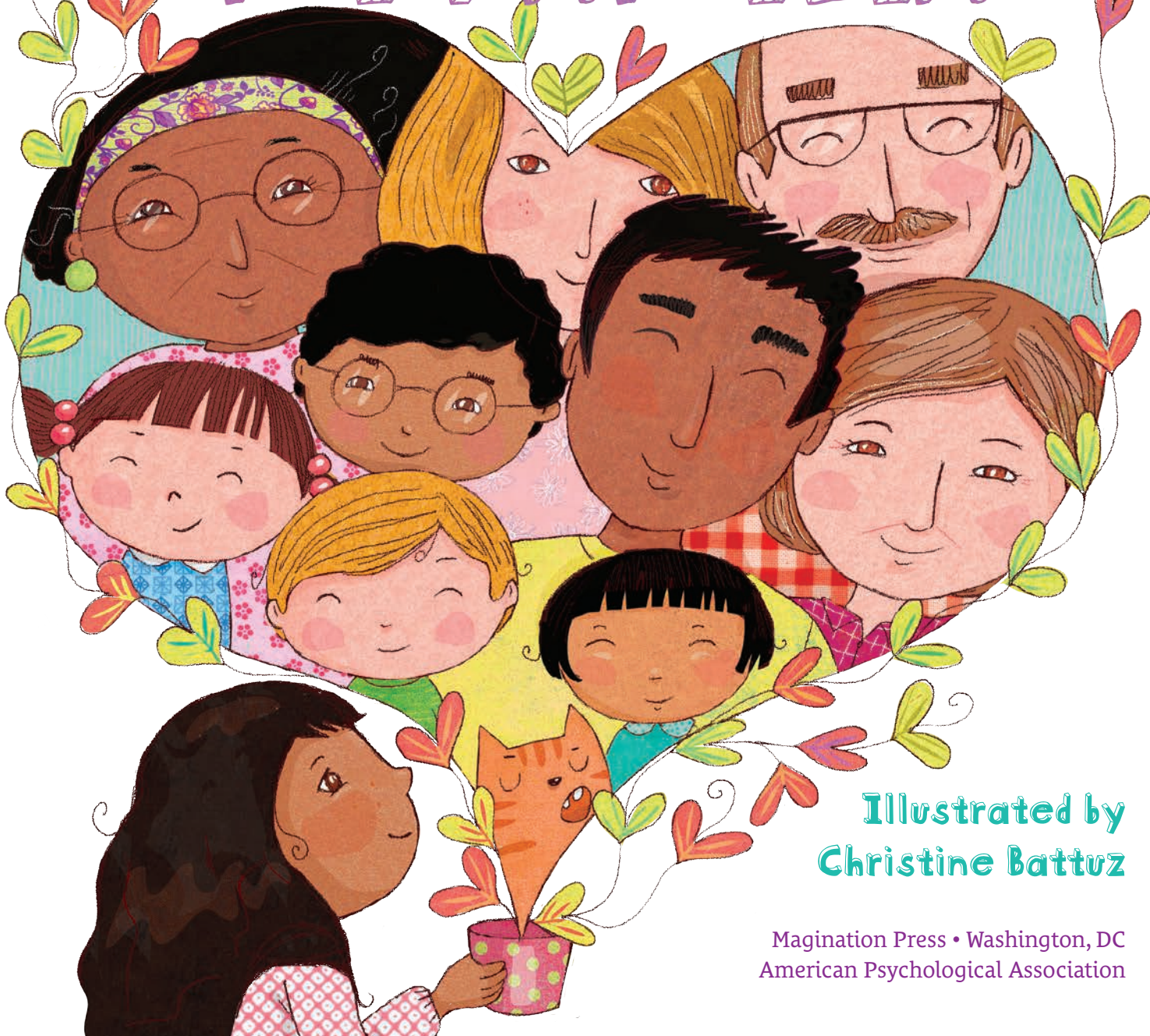
THE HEART OF MI FAMILIA



BY
CARRIE LARA
ILLUSTRATED BY
CHRISTINE BATTUZ

By Carrie Lara, PsyD

THE HEART OF MI FAMILIA

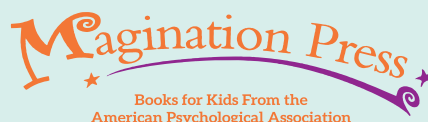


Illustrated by
Christine Battuz

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To my husband, Roger, for your patience, love, friendship, and humor. You make me laugh, wipe away my tears, support my success and my failures, and keep me going when perhaps it looks just too hard. Te amo con todo mi corazon. To my children, Lilia and Leo, you are my continuing inspiration, hope, joy and the center of my world each and every day. To my mother for her constant strength, love and guidance, always being my teacher in life and more. I couldn't ask for a better Grandma for my little ones. And to my suegra, la Abuela to my children, who provides a perfect balance of warmth, cariñosa y amor, acceptance and silliness. - *CL*

À mon amie Caroline, de tout mon coeur xxx - *CB*



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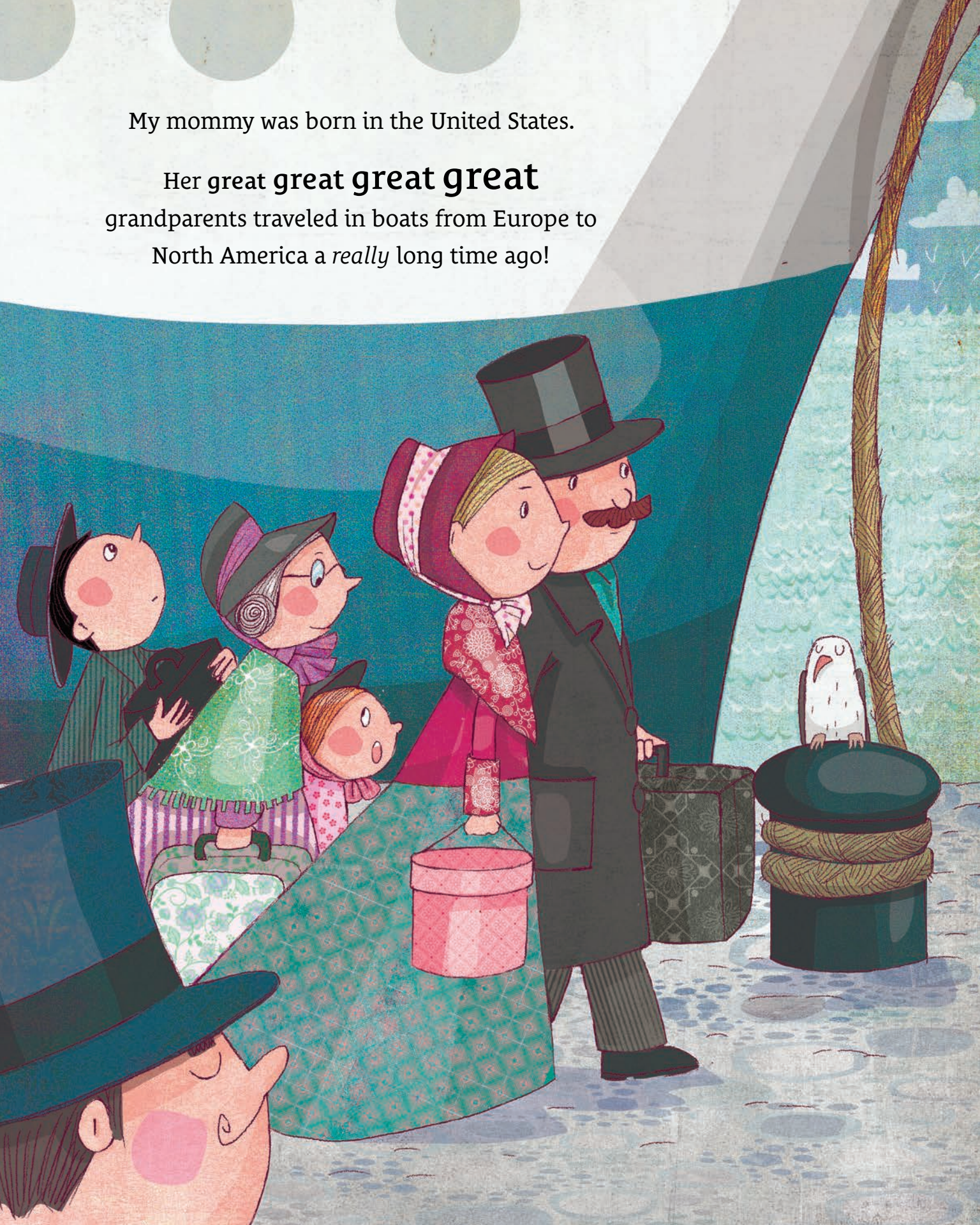


In my home, two worlds become one.

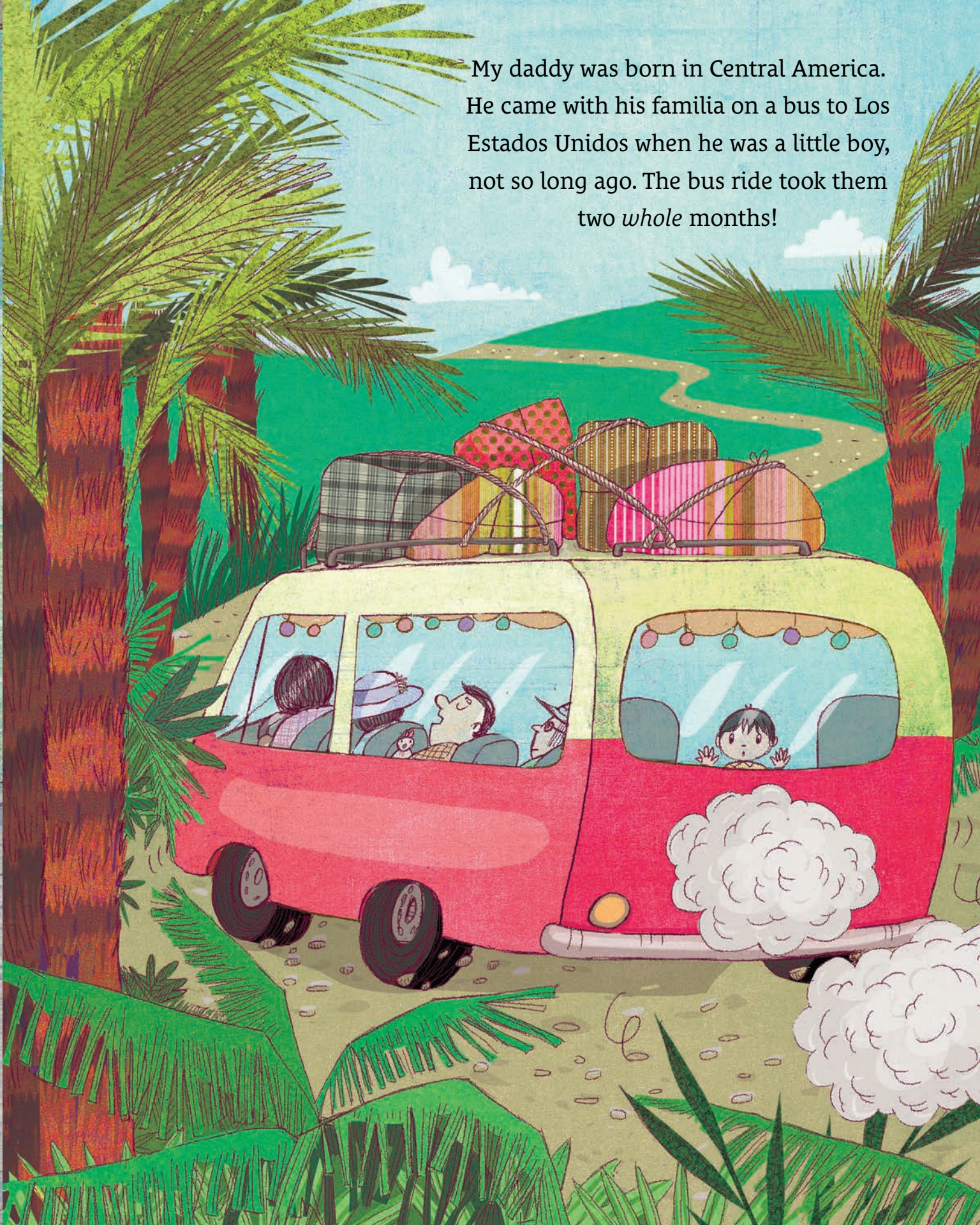
My family is a mix of dos culturas, I am bicultural.

My mommy was born in the United States.

Her great **great great great**
grandparents traveled in boats from Europe to
North America a *really* long time ago!



My daddy was born in Central America.
He came with his familia on a bus to Los
Estados Unidos when he was a little boy,
not so long ago. The bus ride took them
two *whole* months!



There are lots of differences between
my mommy's culture and my daddy's
cultura, but lots of things are the
same too.

My favorite time to visit mi abuela's
house is in the summer. It's very
sunny and warm, and we go for walks
through the city to la playa
to play in the sand.





Mi abuela has photos and artwork from her home country on the walls,

but she makes sure to
have some space for my
artwork too.

