

Frank :60

FRANK: I am the father of a nine-year-old little girl and a six-year-old little boy. And I find fatherhood both relentlessly challenging and relentlessly rewarding.

Both of our children came to us in amazing ways. My daughter is biological, and my son is adopted.

I love them both so much, from the morning when you wake up, to putting them to bed at night, and every moment in between it really is so special, and boy is it exhausting.

One thing that I fear about being a parent is the future for my children because I think a parent's job is to protect our children but also prepare them for the world. So, they became good kind human beings. But I am also hopeful that the future holds a more inclusive and compassionate world for them. And I know they're gonna make the world a better place.