

Things I Wish I Knew...

Dear grown-ups,

I wish I'd known from the start that all it takes is a bit more understanding—and life gets easier.

There's nothing you could've done to prevent the curveball life threw at you. You couldn't have known, so you couldn't have prepared. You just have to learn as you go. "It is what it is."

As parents, our first instinct is to "fix" the problem. But now that I understand my two girls better, I realize—there is no problem. Just two kids growing into fantastic people. There's nothing to fix here.

I've made crucial mistakes, and I'll make many more before this ride is over. But I've learned that the point isn't to get it all right—it's to show up, support, and make sure our kids know we're here for them no matter what.

I'm not a religious man, but I believe this child was placed in your path for a reason. It might feel like a punishment at first—but trust me: once you start understanding and celebrating who they are, you'll see how truly blessed you are.

You've got this.

— Alex