

'Queer Eye' Karamo Brown Opens up About Discovering He Had a Son

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SUMMARY

Evan from Fatherly interviews Colt Khurana Brown about his unexpected journey into fatherhood after discovering he had a child at a young age. Colt shares his emotional experience of meeting his son for the first time and discusses the challenges and responsibilities of being a father, particularly regarding mental health and breaking generational cycles.

- *Colt learned he was a father at 15 after receiving child support papers.*
- *Meeting his son filled a deep emotional void he didn't realize he had.*
- *He emphasizes the importance of not pretending to know everything about parenting.*
- *Colt expresses concern about passing on self-esteem issues to his son.*
- *Acknowledging his mental health struggles is a key step in being a better father.*
- *He suggests seeking community support through therapy and mentorship programs.*
- *Engaging in activities with his son is vital for fostering his mental health and self-esteem.*
- *Colt and Evan discuss their aspirations for future family planning and parenting.*

hey guys I'm Evan from fatherly and we aren't here with 1/5 of the fam 5 mr. colt sure mr. Khurana Brown thanks so much for being Eric you for being here you read it and you have a really interesting story to your journey and being a dad describe that sure so I started letting people into my life at 15 regarding my sexuality but during that time I did have a girlfriend who was my best friend and we decided to

lose our virginity to each other it wasn't good but it was also not great because I was like I'm gay yeah but she moved away I went through high school in college and was on MTV's real world and was coming home one day and saw a stack of papers on my doorstep for back child support why don't I thought was a joke it has to be a joke because there's no way that I have a kid and I looked

through the paperwork and immediately I saw her name and it just transported me back to like 15 and that day of skipping school and being in my mother's house and being like what the world and realizing that I was a father and then three hours later I met my son for the first time what was that like what was I mean obviously I think part of the incredible part of this journey is there were so many times when you could have

turned back the feeling of seeing him for the first time it's similar to you know I know your new dad it's probably similar to what you felt because even though I didn't hold him as a newborn minute I saw him it was like this hole that was inside of me and all of a sudden started getting sold out this piece that I felt that was

missing just was filled in and it's an indescribable feeling until you become a parent and

you see a little being yeah it's part of you you kind of had to take a crash course in fatherhood oh yeah yeah what are some of the things that you found were very helpful for you the first thing I found was but not pretending I know it all yeah you know as father as you feel as if like I'm supposed to have all the answers sure I have a fear this this fear of passing on some self-esteem

issues to my son and how can you train yourself how can you change behavior in order for him to change behavior and like you said earlier you know potentially break some of the cycles that are passed well you're doing the first thing very right and I'm gonna give you a big applause it's acknowledging it and acknowledging it publicly so the fact that you as a man are able to express that you are working on your mental

health that you have self-esteem issues and you don't want your son to have those it's probably the strongest and best thing you can do for yourself for your family and for your son um and then the second thing is that once you notice that behavior of not putting your fears on to your child so if you do see some behavior that resembles yours instead of going to your child and saying I think this may be happening give them the

space to communicate about what's going on there understand there's a community of people around you who can help you with that whether it's therapists counselors there's also mentorship programs that can support you as a dad and also making sure that you know you're doing activities together to support them in their mental health and self-esteem there goes your three steps that's great you're all ready step one you yeah you broke it down and what we're gonna do

right now is just write down what you would do if you had no fears okay ready im3 will reveal them here one two three what is your saying dressed better I know this is me fishing no this would be fishing put now and your says that's figuring out how to have another child yeah and I'm talking in fiance I'm ready well I know they're just making sure

yeah yes I guess that would be my fear of like if the man I've fallen in love with I can't get on the same page with me about half okay oh yeah we're doing a good job Thanks you are - thanks again for joining us thanks so much for hanging out here at fatherly crime around everybody you