

***We Are Family* Season 2 Episode 23: Nick Carter**

Nick Carter:

Hey, my name is Nick Carter and family to me is my three kids and my lovely wife.

Julia Dennison:

Hello and welcome to *We Are Family*. I am your host, Julia Dennison, and I'm here with musician Nick Carter, who you will of course know from the Backstreet Boys. His new single "Easy," featuring country singer Jimmy Allen, is out now, and the Backstreet Boy's DNA World Tour 2022 kicks off this summer. He's also just become a dad again for the third time with his wife, Lauren. Nick, welcome to the show.

Nick Carter:

Thank you so much for having me.

Julia:

So as everyone's going to be listening to this, your single, "Easy," will have been out. What's it been like being in the studio again? It must feel like a home away from home.

Nick Carter:

It's absolutely incredible. I'm getting ready to start touring with the boys again very soon on June, I think is our first show at the Hollywood Bowl out in Los Angeles. So really excited about that, but to get things going again I was writing and recording music with my producer Vic Martin, and the song Easy, came from that writing session. This was about three or four months ago, and we had this idea of doing a pop crossover country thing.

And I was a really big fan of Jimmy Allen who is up and coming country star. I love his music and asked him to join me on the record and so he wrote a second verse on it and we just pretty much started writing and talking about our lives as is right now, raising kids, being husbands and entertainers all at the same time. It was pretty easy and a lot of fun to work with him.

Julia:

The raising kids part is what's interesting to us over here at Parents because obviously this is a family podcast, all about family. And what do your kids think about your music? Do you bring them into the recording studio ever?

Nick Carter:

Yeah, it's interesting because I've had two years off I think it was... I can't remember when we stopped with the tour with the boys. My daughter Pearl, was not even born yet and my other daughter Saoirse. They really don't know that daddy is a Backstreet Boy. My son, I brought him to our Vegas residency when we had first moved to Vegas about five years ago and he came to one of the shows and he saw me, but he's like, "Eh, whatever." My daughter Saoirse, actually, she's the one that loves to sing. And in the morning when I'm waking up, preparing breakfast for

the kids and getting them ready for school, I'll be watching the baby monitor and she'll be the one just in the crib singing to herself, Twinkle, Twinkle, Little Star, Old McDonald Had a Farm, all of them and she can actually carry a tune.

So, now that she's two years old and I'm getting ready to go on the road and I'm getting this not necessarily fear, but anxiety because I'm going to miss them so much and they're in school. Are they going to be able to come on the road? Is she going to see who daddy is and I'm really excited to perform and have her be in the audience for the first time, because she really loves music. She loves to sing. Her and I actually, we do a back and forth thing sometimes. She actually, I think can harmonize, which is pretty impressive.

Julia:

Oh my God. That is so cute. She is going to love it.

Nick Carter:

Yeah.

Julia:

That moment when she sees dad on stage, I think it's probably going to be, "Oh my goodness." That is so cool. So now obviously pop star life is not always easy. If your kids turn around and say that they want to join a boy or a girl band or they want to get into music, what would you say?

Nick Carter:

Well, I've had this discussion with my friends and my wife. School is more important than anything because I started basically touring the world at 13, 14, really, really young. You know, I'm grateful for how it turned out, but we were talking about, I think you're going to go through the school choir. You're going to go through the school programs first. And then once you turn 18, if you want to do what you want to do, you can, those types of things. School is so important to me, for my children to have structure, to be able to have that foundation, first and foremost. But listen, if they want to talk about it, they want to listen to it, all those things, it's great. But I want them to be able to be kids first and really enjoy that part of their lives.

Julia:

Fair enough. So now Pearl is what? 10 months old.

Nick Carter:

Yes.

Julia:

I'm always in awe of my friends who have three kids. They outnumber the parents. It can feel like a lot. What's that been like now that you have three kids in the family?

Nick Carter:

For me, it's about the delegation of time. You have three different personalities, three different needs, three different ... just human beings that want affection and attention. At one hand, you got a 10-month-old over there crying, then you have your daughter on the other hand wanting your attention, then your son, happening all at the same time. You're learning on the job, you're figuring it all out and experiencing.

I love the challenge. I think it's great. Thankfully I have my wife who's able to help right now, Odin. He's five years old and he's all about mommy right now. Everything is mommy, mommy, mommy. I'm like that's good. You go to your mummy. So I'll take care of the two girls (laughs)

Nick Carter:

It's a challenge and by the end of the day, I'm exhausted and I'm going to sleep and waking up early. I absolutely love it. And the beauty is that hopefully when they get a little bit older, that they'll start to entertain each other.

Julia:

Right. That's the dream right there.

Nick Carter:

Right. Exactly.

Julia:

I love the names that you picked out. Saoirse-

Nick Carter:

Thank you.

Julia:

... is so beautiful. Odin, I love that. Pearl, what was your process when it came to naming them?

Nick Carter:

Odin, was I don't know if we were watching this show Vikings or not, and if that was the inspiration or not, or maybe it was a Marvel movie I don't know. But my wife wanted to ... That was her choice of the name for our son. It's unique. It's different. There's strength in it. I think that's we like that. But that was obviously something that she wanted, she chose and I'm like, "Hey, you're the mom. If that's the choice you want, it's your choice."

Julia:

Right.

Nick Carter:

But then we were on the road. We were over in Italy, on tour with the Backstreet Boys. We were in Milan and I have a little bit of Irish blood in me and so is my wife as well and we love Irish culture and we were watching this movie called, Song of the Sea. Odin was on the road with us while we were over on tour in Europe and we were playing it for him all the time. And we unfortunately, my wife had some miscarriages and we lost ... so that happened prior to that Saoirse turned out to be a rainbow baby but the lead character in the film, Song of the Sea, her name was Saoirse. And the little boy, he was like this little blonde older brother who was dealing with his younger sister.

I like to say in some ways, "Odin, you knew who your sister Saoirse was because you saw her in the movie." She was a rainbow baby so we decided to name her after the lead character in the movie. Loved it. I recommend the movie to anybody. It's so great. It was sort of like our lullaby.

Julia:

I know that movie. I totally love it too.

Nick Carter:

The music is incredible and it was so great. And then, so I was the one who got the choice of the rainbow baby with Saoirse and then Pearl was actually something that my wife actually wanted to name one of our children and that was an option for Saoirse. And so Pearl sort of was another miracle situation and I said, well, I just think it's fitting just to name her Pearl. And so it's beautiful baby little Pearl, baby Saoirse and big brother Odin.

Julia:

That's beautiful. So talk to me a little bit more about what happened. There were some complications with Pearl and you went through those miscarriages, and I know often we talked about, what the moms go through and that's obviously pivotal and it very important, but sometimes we don't talk enough about the dads.

Nick Carter:

Yeah.

Julia:

So how did you kind of cope through all that? What was that time period like for you?

Nick Carter:

For me, it's, number one it's recognizing that it's not about me and that's the first thing. This is something that she's going through and I have to just be there to support her. I don't want to get too specific in the details, but just being there in the most, the toughest times and watching this person who you love so much go through those things and you really don't have any control over it. Those are some of the toughest things to go through but just to be there emotionally, spiritually, and to lift them up. I mean, there's a lot of stuff I'm sure a lot of people out there

who know what that feels like. But just to be the rock at the time and to just try not to be opinionated, try not to do anything other than just be there and that is the most important part.

Julia:

Your Instagram is just so full of pictures of your family and your kids, it's so sweet. And you have a highlight on there with family, with a red heart next to it. You're clearly a very hands on dad, getting on the floor and playing with Lego and things like that. What would you say your parenting style is and did you always want to be a dad?

Nick Carter:

You don't know if you want to be a dad until you are a dad necessarily, I don't, it's hard to explain. I've always been a person who just wants to give and care for people, everyone and anybody who's ever come into my life. And a lot of my friends and family say, you were meant to be this. But for me knowing that you have these three individuals and human beings who have a clean slate and a fresh start is a responsibility that I embrace and love knowing that you can give them unconditional love. You can give them the opportunity to have a peaceful and healthy household. These are all things that are in me and that I want to do. So to say that did I always want to be a dad? Again, I've always wanted to take care of people and take care of the ones that I love the most. And now that I have those three little munchkins, I will never let them down, I will always be there through thick and thin, and they're everything to me.

Julia:

That's so sweet. I love that. So we talk a lot on this podcast about chosen family. Family that's not necessarily biological. Who would you say is in your chosen family? Would you consider the Backstreet Boys part of the family?

Nick Carter:

Absolutely. Yeah. I met the guys when I was 12 years old. That's literally only six years away from my son's age right now. And when I met them, I was introduced to four other individuals who came from families, different types of families, all walks of life. Some guys were from Kentucky, some were from Orlando, some were from ... So I was able to really learn a lot from them and that chosen family that I was with and at a very young age and so I'm very grateful to my guys going on 30 years and being in this group. And when we're on the road, when our buses are all in tandem, and together we stop and we get off, we go to a hotel or we go to a venue. All of our families get off together and they're playing together and they're congregating everyone's it's just a very big family. It's a really big family. And yeah I'm very grateful to have my brothers, my four brothers.

Julia:

That's wonderful. So really quick, just thinking about your own childhood, is there anything from your own childhood that you wanted to replicate, when you became a parent or is there anything that you were like, I do not want to put my own kids through that?

Nick Carter:

Well, I mean, again, like I say I started at such a young age. 12 years of age started to be a provider for my family at the time, I was the breadwinner and all those things. And at a very young age I was working.

Julia:

Yeah. It's a lot of pressure.

Nick Carter:

And it's a lot of pressure. Yeah, it's a lot. But I think for me, saying something without saying , it's allowing... Going back to what we were talking about before, allowing my children to be kids, they could just be kids, enjoy their lives, grow up, go to school, have friends, take them to karate, to like T-ball here, whatever it is just let them be kids and let me be the provider for them... It's my job to just ... it's maybe a little old fashioned or whatever, but I'm the dad, I'm the provider, my wife, we together are there to give them, to allow them to have their childhood and to not necessarily have to work for us.

Julia:

Fair enough. So the last question we ask everybody is what are your hopes and dreams for your family, for the future?

Nick Carter:

Yeah. I have so many hopes and dreams for my children and my family, the one thing, it's so silly. I want to see them go to college. I want to be able to take them to college. I want to be able to ... just a normal life, you know a normal life. Whatever they want to do, as far as their profession goes, that's really up to them. But what I want, I just want to have school be a priority. And the dreams is, that they ... I remember having this conversation with one of the staff people at one of the schools that I'm taking my children to, and they asked me that, they said that question. I said, what do you want? I said, I want them to be better than me and that's, that's my only dream.

Julia:

That's great. Nick, thank you so much for coming on with your family. This has been great to talk.

Nick Carter:

Thank you so much. Thank you for having me.

Julia: Thanks so much for listening to my conversation with Nick Carter. Next time you'll hear from the legendary mom, grandmother, and morning show host Gayle King. Be sure to follow *We Are Family* on Apple Podcasts, Spotify, or wherever you listen so you don't miss an episode.

And we'd love your feedback. If you could rate this podcast and leave us a review, we'd really appreciate it. You can also find us online at parents.com/wearefamilypodcast.

We Are Family is presented by me, Julia Dennison, and produced by Sam Walker. Editing is by Vincent Cacchione, and thanks also to the rest of our production team at Pod People, Rachel King, Matt Sav, and Danielle Roth.

We'll see you back here next week for more *We Are Family*!