

The Canadian Dad Stranded in Kenya With Newborn Twins Tells the Whole Story for the First Time

In The Dad Diaries: Because Real Risks Are Worth Taking (Cormorant Books, September 26), Joseph Tito goes behind the 2018 headlines: five embryo transfers, a citizenship fight with his own government, and the fatherhood nobody warned him about

TORONTO, ON, September 15, 2026 — Weeks after his twin daughters were born in Mombasa in November 2018, Joseph Tito stood outside the Canadian High Commission in Nairobi with his mother and two newborns and was told they were not Canadian. He had been born abroad himself, and under the citizenship rules of the day that made his girls, born through surrogacy in Mombasa, ineligible to come home with him. The suggestion from the consulate was that he sponsor them as immigrants. That could take a year.

What happened next made national news. Tito, a television producer who had spent years running his own production company in Bahrain, posted a video from Kenya asking for help. Within hours, strangers were emailing the embassy and calling their MPs. News outlets across Canada picked up the story of the father and the twins who could not get home. When they finally landed at Toronto Pearson, there was a scrum of cameras waiting.

The headlines ended there. The book does not.

The Dad Diaries: Because Real Risks Are Worth Taking (Cormorant Books, September 26, 2026) is the memoir behind the story, and the story is bigger than Kenya. It begins with a gay Italian-Canadian kid from Richmond Hill who built exactly the life he thought he wanted: a production company in Bahrain, shoots in Istanbul, a condo on the 28th floor over the Persian Gulf, and no one to answer to. It follows the death of the man he spent ten years with, a question from his niece he could not shake ("Why don't you have kids?"), and the decision, at 37, to try for a child through a fertility clinic in Kenya. Five embryo transfers between December 2016 and March 2018. A relationship that did not survive them. A best friend who flew in and posed as his wife to get through the paperwork. And then two daughters, a redacted birth certificate, and a government that did not recognise them.

Then the part no headline covered: moving into his parents' basement in Richmond Hill with two infants, the postpartum year, the silence from his father, and what it took to become the father he had been so certain he would be.

"Getting the girls home was supposed to be the ending," says Tito. "It turned out to be the setup. Everything I was sure of about myself got taken apart in my parents' basement by two babies who did not care about any of it. That is the book. The headlines were the easy part."

The timing is not incidental. The citizenship rule that stranded the Tito family, the first-generation limit on citizenship by descent, was declared unconstitutional by the Ontario Superior Court of Justice in December 2023, and Parliament's fix, Bill C-3, came into force on December 15, 2025. The book closes with a note on that law. "I do not pretend that our story alone changed the law," Tito writes. "But I know this: families like mine exposed the human cost of rules that had failed to keep up with the lives Canadians were actually living."

Written with the bite of someone who spent twenty years in television and the exhaustion of someone who now has twin seven-year-olds, *The Dad Diaries* is a memoir about wanting something for years before you can say it out loud, and about what it costs to trade the life you built for the one you actually wanted.

ABOUT THE BOOK

The Dad Diaries: Because Real Risks Are Worth Taking

Joseph Tito

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Available for pre-order at Indigo, Amazon and independent booksellers across Canada. Signed copies are available directly from the author at thedaddiaries.com/memoir.

ABOUT JOSEPH TITO

Joseph Tito is a writer, television producer and father of twin daughters, Stella and Mia, born through surrogacy in Kenya in 2018. He spent more than twenty years producing lifestyle and food programming, including years running his own production company in Bahrain, before coming home to Richmond Hill, Ontario. He writes about fatherhood, the mental load of parenting and the surrogacy process at thedaddiaries.com, where his work reaches more than 200,000 followers across social platforms, and hosts the podcast Bitch Fest. His family's 2018 citizenship fight was covered by CityNews, CBC and other Canadian outlets. He lives in King City, Ontario, with his husband, Frank, and their daughters. *The Dad Diaries* is his first full-length memoir; his first book, *Random Thoughts: The Sh*t We Don't Talk About*, was a collection of essays.

JOSEPH TITO IS AVAILABLE FOR INTERVIEWS ON:

- What actually happened in Kenya in 2018, and what the news coverage got wrong

- Citizenship by descent, Bill C-3, and what changes for families with children born abroad
- International surrogacy as a gay man: the cost, the clinic, the five transfers, and what he would tell someone considering it now
- Fatherhood at 39, twins, and the mental load nobody puts in the baby book
- Coming out, Italian-Canadian family, and the four years his father did not speak to him

LAUNCH EVENT

Sunday, October 18, 2026, 2:00 p.m. Reading, conversation and signing at Indigo Hillcrest, 9350 Yonge Street, Richmond Hill. Free; RSVP required.

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ASSETS

Cover image, author photographs and an excerpt are available at thedaddiaries.com/press.

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