

Paul Adelstein Marvels About the Experience of Parenthood



By Shannon

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Private Practice and *Scandal* star Paul Adelstein will be starring as Aaron in the new movie *Return to Zero*, premiering on Saturday, May 17th at 8 p.m. EST on Lifetime. The movie explores the devastating experiences of a couple who loses a baby in the womb and also features Minnie Driver, Alfred Molina, Kathy Baker, and Connie Nielsen in other starring roles. Adelstein opened up to Celebrity Baby Scoop to talk about his experiences with the film and being a dad to his four-year-old daughter Josephine.

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CBS: You star as Aaron in the Lifetime movie *Return To Zero*. Please tell us about your role and how you prepared for it.

PA: “The film follows a couple and some of their extended family through the trauma of losing a child to stillbirth. I read the script and was struck by how subtly the relationship between Aaron and Maggie (Minnie Driver’s character) was rendered. Obviously, the subject matter is emotional and difficult, but it was really this relationship that is the center of the movie. With Sean Hanish’s (the writer/director) help, I tried to find out as much I could about Aaron before they lose the baby – his relationship with his father/business partner (Alfred Molina) and his wife – and then just let the rest happen.”

CBS: Did you pull from any of your experiences as a real-life dad to play the part?

PA: “I did. As an actor, I try to tap into whatever is going to help me understand a character and that character’s relationships.”

CBS: Please tell us about your daughter? How old is she and what is she into?

PA: “She is four, and she is smart and an absolute joy.”

CBS: How has fatherhood changed you? What has surprised you the most about being a parent?

PA: “I’m surprised by what parenthood does to time. I’m not sure who said it, but ‘the days are long and the years are short’ is spot on, in my experience.”

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CBS: What else is up next for you?

PA: “I’ve been playing a role on *Scandal*, which is ridiculously fun. In June, I’ll start shooting a new series

for Bravo called *The Girlfriend's Guide To Divorce* with Lisa Edelstein and Janeane Garofalo. I'm also writing an episode of that show, so I'm basically excited and terrified. It's a blast."

For the full interview, click [here](#)!