



I am a progressive educator, parent coach, educational consultant, and social justice activist turned parent coach who works with families to raise resilient, creative changemakers through the art of play - and I am a self proclaimed play enabler!. I am also the mother of the sweetest almost 4 year old who inspires me every day with her curiosity, wisdom, and passion. I coach parents to tap into their inner Knowing in order to parent through the lens of their values and in this way be aligned and balanced so that they may enjoy the connected, calm, and confident parenthood that they deserve.

In 2019, my husband and I quit our jobs, left Brooklyn, and moved into an intentional living multigenerational community in the Smokey Mountains based on sustainability, permaculture, and a celebration of the interconnectedness of life. We now nurture a slow living, minimalist, nature-based and artful existence that is more in touch with our ancestry, spirituality and our personal inner compasses. We also work hard every day to raise our child as an antiracist upstander.

All of the work I do is grounded in the importance of social justice and equity framed existence and learning through the art of play and experience. The way I see it is that our current parent generation has one foot in the door - we recognize the need for a dismantling of an old paradigm but are still stuck in the patterns we have been taught. But we have a great opportunity to raise the next generation with a new perception that will place them two feet in: with the skills, knowledge base and abilities that will be needed to truly shift our world to one of equity, communion, connection, and balance.

A self-proclaimed joyous parent, I am dedicated to leading a passionate and purposeful life and raising my child to be the change I want to see in this world. With a B.A. in Integrative Arts, a Masters of Education, and through my work as a Progressive Educator for almost two decades, I have a deep understanding of childhood development, behavioral schemas, project-based instruction, play-based learning and inquiry approaches, neurodiverse learning supports, mindful meditation, reading and writing remediation and much more. I am a certified Tinkergarten Leader for play-based learning in the nature classroom, and am trained and certified in Visual Thinking Strategies, the Responsive Classroom program, and Constructivist Math (the "new" math). I have also been trained in the W.E.L.L. Philosophy through i.b.mee Empowerment Education, Teaching with Love & Logic, and have extensive experience in values-based wholehearted parenting approaches.. A Teach For America alumna, I have worked with hundreds of children to not just learn their a,b,c's but to become upstanding change-makers who use their beautiful, creative minds to shift the world. I have a plethora of experience in restorative justice, Second Step social-emotional learning, equity work, and am a passionate advocate of radically inclusive, social justice oriented classrooms and childrearing.

