

Kathryn Shelden is a proud mom herself to son Henry and is very excited to be teaching for Outside the Box® play group.

Upon first meeting Octavia Lindlahr while interviewing her to be her Doula, Kathryn knew instantly that this relationship would soon become a special friendship. Octavia's inspiration was and remains infectious. As a result, it wasn't long until Kathryn fully tapped into her own passion for the well-being of children and equally important, the empowerment of parents.

Kathryn began attending Outside the Box® play group with Henry when he was 7 weeks old. Within days it was obvious that something really neat was happening. Not only was it nice to finally get out of the house and actually talk to other adults (!) but most importantly, the connection happening between mom and baby was astounding. Henry became extremely present and alert and very consistent in his cues. As a result, Henry is now a confident and relaxed baby who trusts his parents.

She looks so forward to working with you and your baby and sharing this wonderful journey of brain-play together!