



Hope Seidel, MD

Hope Seidel was raised in Raleigh and received her medical degree at Jefferson Medical School in Philadelphia. After a residency in Pediatrics in Virginia, she returned home to join Cary Pediatrics in 2002 and raise her two children near family. Until her retirement in December 2023, she was a partner at her practice, working full time. As a Wake County physician she has seen the powerful role Project Enlightenment has played in the lives of young families.

In 2020, Hope began a new business, **Parent with Hope**, where she took her love of supporting parents into a full time career, coaching parents virtually all over the country. She has a particular interest in helping parents develop more confidence in their parenting and connection with their children.

Hope is an avid cook, and she loves to travel and read.

Hope joined the Foundation Board in June of 2024.