



Pennsylvania Association for the
Education of Young Children

 *Voice for Children*

2026 Voice for Children

Distinguished Career Award Recipient

Anu Sachdev, Ph.D

Faculty, East Stroudsburg University

Dr. Anu Sachdev is an adjunct faculty member at East Stroudsburg University with over five decades of experience in the field of early childhood education. Her professional career spans roles as a classroom teacher, center director, faculty member, community college teacher preparation program director, consultant, researcher, owner of a Montessori early childhood program, and supervisor of a local Head Start program.

Dr. Sachdev is a committed leader and advocate in early childhood education at the state and national levels. She serves on the board of ACCESS, a national organization of early childhood teacher education faculty at two-year colleges and has held leadership roles at both the state and national levels. She currently serves on the Board of PennAEYC, President of the Lehigh and Northampton Chapter of PennAEYC, Treasurer of ACCESS, and as a school board member of a charter school.

A lifelong learner and international traveler, Dr. Sachdev has developed expertise working in early childhood settings across international contexts. Her work includes supporting educators and programs serving children and families for whom English is a second language, and she brings a global and culturally responsive lens to her



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teaching, research, and service. Her current research interests focus on school transitions and the mental health and well-being of Asian families.

Beyond her professional roles, Anu embraces life with curiosity and joy. She enjoys reading, music, dancing, cooking, spending time in nature, and traveling. Most of all, she loves spending time with family and friends and values the connections that enrich both her personal and professional life.