

Muhammad Zeshan, MD: Founder Of Inside Out Empowering Children And Caregivers For Emotional Well-Being Lifelong Care

Combining Psychiatry, Infant Mental Health, and Parent Education to Support Families Across New Jersey



Princeton, New Jersey May 19, 2026 (Issuewire.com) - Muhammad Zeshan, MD, widely known as

“Dr. Z,” is a Harvard-trained psychiatrist, infant mental health specialist, educator, and author dedicated to helping children, families, and caregivers thrive through compassionate, evidence-based psychiatric care. As the Founder of Inside Out in Princeton, New Jersey, Dr. Zeshan provides psychiatric services for infants, children, adolescents, and adults while also working to strengthen family relationships and promote healthy early childhood development.

In addition to his clinical work, Dr. Zeshan serves as an Assistant Professor of Psychiatry at Rutgers New Jersey Medical School, where he helps educate and mentor future mental health professionals. His work combines academic expertise with a deeply personal understanding of the challenges families face, particularly during the earliest stages of childhood development.

Dr. Zeshan’s journey into psychiatry began during his childhood in Pakistan, where he grew up as the oldest of eight siblings and worked in his father’s restaurant before even starting first grade. During those formative years, he observed how children with access to education and parental guidance often navigated life’s challenges very differently from children whose families lacked those resources. Many children in his community left school at an early age, inspiring his desire to better understand the social and emotional factors that shape a child’s future.

That interest deepened during his medical training at Harvard University, where one particular experience had a lasting impact on his perspective. While working with a child whose parents were highly accomplished academics, Dr. Zeshan realized that even highly educated families sometimes lacked the practical parenting skills necessary to build strong emotional connections with their children. The experience reinforced his belief that effective parenting is not determined by wealth or educational status, but rather by skills that can be learned, strengthened, and supported.

Motivated by this understanding, Dr. Zeshan pursued additional education beyond his psychiatry fellowship, earning a Master’s Degree in Parent Coaching and focusing his work on strengthening early caregiver-child relationships. Today, he is recognized as the only infant psychiatrist in New Jersey trained at UMass Boston in infant mental health, specializing in helping caregivers understand infant cues and foster strong mother-newborn bonds during the critical first three years of life.

Dr. Zeshan is also actively involved in several professional organizations, including the American Psychiatric Association, the American Academy of Child and Adolescent Psychiatry, and the New Jersey Psychiatric Association. In addition, he serves on the Board of Directors for Supporting Child Caregiver USA and the Association of Pakistani Physicians of North America.

Beyond clinical practice and teaching, Dr. Zeshan is also an accomplished children’s author. He has written six children’s storybooks available through ReadingWithDrZ.com, using storytelling as a tool to educate parents and caregivers about child development, emotional health, and positive parenting strategies. Through his books, online presence, and community outreach efforts, Dr. Zeshan continues to advance his mission of helping families build healthier, stronger foundations for lifelong emotional and cognitive well-being.

Learn more about Dr. Muhammad Zeshan:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/providers/muhammad-zashan> or through his website, <https://insideoutmz.com/>

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