

The Secret to Cooperation:

Routines & Rituals That Work with Molly Pope

Thursday, October 22

7:30 to 8:30

At Rose Hall Montessori School

Adults-only event

Are you exhausted from asking twice, then three times, then negotiating just to get shoes on or teeth brushed? You're not doing anything wrong. Kids don't resist routines. They resist unpredictability.

In this practical, down to earth talk, parent coach and early childhood mental health consultant Molly Pope, EdS, IECMH-C, unpacks the two tools your family is missing: routines that build safety, and rituals that build connection. Grounded in attachment research and her own approach centered on curiosity, Molly shows you how to implement these two strategies in your family's day, and why we strive for connection and cooperation, not just compliance.

You'll walk away with real strategies you can use tonight, for bedtime, mealtime, mornings, and all the moments in between. Come ready to laugh a little, breathe a little, and leave with something you can actually use.

Molly Pope, EdS, I/ECMH-C, is the founder of Molly Pope Coaching and Consulting. With more than 20 years of experience supporting young children and families, she helps moms build connected, cooperative families by strengthening their confidence, self-trust, and compassionate leadership.



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