

TELLING A LIE DOES NOT MEAN YOUR CHILD IS BAD

IT'S ALL PART OF **GROWING UP** AND **TESTING BOUNDARIES**.

NEXT TIME YOU KNOW YOUR CHILD IS LYING...

INSTEAD OF GETTING ANGRY **GET INQUISITIVE**.



WHY YOUR CHILD LIED...

REASON #1:

SELF-CONTROL IS STILL DEVELOPING.

THE LIE:

"I finished my vegetables. Can I have dessert now?"

THE TRUTH:

They left their vegetables on the plate.

HELP YOUR CHILD **SEE THE VALUE** IN WHAT YOU EXPECT OF THEM:

"It looks like your vegetables are still on the plate. We eat them because they help us grow and be strong."

REASON #2:

THEY CONFUSE WISHES WITH REALITY.

THE LIE:

"Yes, I walked the dog."

THE TRUTH:

They didn't walk the dog and wanted to avoid the chore.

INVITE YOUR CHILD TO RESTATE WHAT THEY WISH HAD HAPPENED THEN **RE-LABEL IT TRUTHFULLY**.

"Do you mean that you wish you walked the dog already?"

REASON #3:

THEY WANT TO AVOID NEGATIVE EMOTIONS (YOURS & THEIRS).

THE LIE:

"I didn't push her!"

THE TRUTH:

They pushed their sibling but don't want to feel shamed.

SEPARATE THEIR BEHAVIOUR FROM **WHO THEY ARE** AND AVOID SHAME.

"It looks like you are very mad at your sister. Hitting is not allowed."