
dealing with lying



Exploring the truth is a normal part of development

When development is disrupted by trauma, this can continue and turn into frequent lying.

Why children lie:

- to fit in
 - they are scared
 - they don't have impulse control or plan what they are going to say/how they will respond
 - fear of being punished for telling the truth
 - to get what they need
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Do

Do not have a strong emotional response

Don't ask if you already know the answer

Be calm and matter of fact

Start off playful if that is appropriate for the situation

Validate the emotions/fears that led to the lying

Avoid shame

Praise truth telling

Say

I see you have the basketball, you know it is not rec time yet.

That is a really creative story, did you imagine that all on your own?

That sounds like quite an explanation, do you need to think about it some more and tell me again what happened?

I saw a bit of what happened and that isn't what it looked like to me, do you want think about it and tell me again what exactly happened?

It is really important for us to tell the truth. So you can trust me and so I can trust you. Can you let me help you tell the truth? And then together we can figure out how to fix whatever it was that made you not tell the truth.