

HONESTY

One value that many families establish as one of their core values is honesty. The definition of honesty is: to be truthful and genuine; telling the truth, does not engage in deception, is forthright and candid. Many parents wish for their children to be truthful and honest in all circumstances.

And yet we know that kids lie...why is that?

REASONS WHY KIDS LIE 3

1. TO DENY A BEHAVIOR OR ACTION

The younger the child, the more likely they are to lie to deny having done something. No, they didn't eat that cookie (even though the evidence is all over their face)

2. TO COVER UP MISBEHAVIOR AND AVOID A CONSEQUENCE

As a child gets older, they begin to learn the difference between truth and a lie. They learn that their actions have consequences, and that their actions can affect others. Sometimes it's easier to lie and say you didn't do it than to admit to the negative behavior.

3. TO BOOST THEIR OWN SELF-ESTEEM OR MAKE THEMSELVES SOUND BETTER TO OTHERS

Elementary school aged children may lie to their peers to gain respect from them. They may want their friends to be impressed by them or to see them as more talented than they truly are because they have low self-esteem. These types of lies may also be targeted to parents or caregivers to gain attention and love.

WHAT TO DO WHEN YOUR CHILD LIES.

1. Respond with the truth.

Make it simple. Make it concrete. Teach your child right from wrong. The difference between the truth and a lie.

2. Teach your child about consequences to actions.

Do not merely excuse the lie. Respond with something to the effect of "It's not ok to lie. Here's what you could have done/said instead."

3. Try to understand the reason behind the lie.

Try to encourage development of the skills needed to deal with the underlying issue.

4. Encourage honesty.

Don't automatically accuse. Try to walk into the situation saying "what happened?" instead of "what did you do?"