




Seasons Counseling Center

Parents: Understanding Why Kids Lie & How to Respond

Addressing Lying with Compassion and Teaching Trust as a Skill. 

Common Reasons Kids Lie



Developmental Awareness

Young kids often mix up reality and fantasy without knowing it's lying.



Fear

To avoid punishment, fear letting someone down, or avoid consequences.



Avoidance

To avoid a chore, homework, or something uncomfortable.



Imagination

To tell exciting, creative stories or to act bigger.



Skill Deficit

Lack of problem-solving or social skills to ask for help with honesty.



Building Trust, Repairing Lies



Create a Safe, Calm Space

Listen with empathy. Kids lie less when they feel safe telling the truth.



Stay Curious & Calm

Try asking: "Help me understand what happened. What were you scared would happen if you told the truth?"



Teach vs Punish

Guide their honesty with compassion. "Everyone makes mistakes, but let's work on how to make things right."



Set Clear Expectations:

Discuss the importance of honesty and how you will handle it together.



Practice Problem-Solving:

Role-play solutions so kids learn how to fix mistakes and come clean.



*Helping Kids Learn
Honesty, Empathy, and Accountability*

 Call: (573) 327-9841

 <https://seasoncc.com/>