

# HOW TO TEACH CHILDREN TO TELL THE TRUTH



## KEEP YOUR COOL



When your kid tells a lie, your first reaction might be anger! Step back and remember that your children are still learning. When we get angry and immediately serve up a punishment, children don't get the benefit of the learning moment we can provide by discussing why lying is wrong and telling the truth is right.

## AVOID LABELS

Make sure your children know that you don't like it when they lie, however, refrain from calling them liars.

Children tend to live up to labels, when they are positive or negative!

**HONESTY**

## DON'T SET TRAPS



If you already know that your child was dishonest, asking them the question sets up a stage for telling lies.

Better to tell your child this is what you saw and this is why it's wrong, and how they can make it right.

That's going to help your child know you are on their side!

## GIVE THEM A CHANCE FOR A DO-OVER!

If you catch your child in a lie, give them a chance to back up or tell the truth.

It's about learning!

Children need to understand that they can make mistakes and they can make things right!



## PRAISE TRUTH TELLING!



When your child tells the truth, let them know how much you appreciate their courage and their honesty!

Let them know, "I know it can be difficult to tell the truth. I'm so proud of you and I really like it when you are honest with me!"



## WHY ARE THEY LYING?

What's so important that they are lying to you about it? When you find out the reasons for your child's behavior, you can help them think through better ways of coping with the situation the next time.

## SET A GOOD EXAMPLE!

Parents can be caught in lies too. Be sure to demonstrate what honesty looks like even when you know you can get away with lying. We can't expect our children to be honest when we are lying.