

Why Children Lie | Creating A Home Where Truth Is Safe

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SUMMARY

Creating an environment where children feel safe to tell the truth, even when it's uncomfortable, is crucial for building trust and open communication. Parents should model honesty and respond positively to their children's truthfulness, regardless of the situation, to discourage lying and promote accountability.

- *Encourage children to share the truth without fear of punishment, even if it reveals wrongdoing.*
- *Establish a trustworthy relationship where both parents and children practice honesty.*
- *Correct and guide children when they share difficult truths, but acknowledge their courage in being honest.*
- *Avoid rewarding dishonesty, as it teaches children that lying is safer than telling the truth.*
- *Parents should also practice honesty, admitting their own mistakes to model the behavior they wish to see.*
- *Reinforce the value of truthfulness by expressing pride when children share difficult truths.*

I think it's really important that our children learn that if they tell us the truth even if the truth is ugly even if they've done something wrong even if they lied before even if they stole even if they got in trouble um that they won't be punished for speaking up because we do need to create that uh very um solid trustworthy relationship with our children where they know that we tell them the truth and we know that

they tell us the truth that we uh really um promote those values that we stand by them that we do the hard thing and control ourselves when our children are telling us a hard truth so that we become the person that they can go to when they're in trouble when they're having a hard time if throughout their childhood we kind of reward lying uh by for example if our child lies to us about their you know screen time usage

or their sugar intake or what they did with their friends that day uh then we're you know pleased and content and kind of pacified but if they tell us the truth about it then we you know you know come down on them like a ton of bricks they're going to learn very quickly that it's better to lie lies are self-preservation lies are a sign that they aren't comfortable telling us the truth because they know they're going to

be punished for the truth it's also very important to maybe correct or teach or guide if they've come to us with the truth that isn't good like they've done something wrong they've lied they've stolen they've you know not done their homework whatever it is I think it's okay to correct those behaviors and to teach them why that's not what we want but still it's a good idea to explicitly say um I'm really proud of you for

telling me the truth that wasn't easy to share the truth and I appreciate it I think the even more important part

here is to tell your children the truth and that's the harder part in a way it's much harder for us adults to not FIB to not lie um to be honest when it's not easy because we ate our kids snacks or because um you know we you know stayed up watching a movie and they weren't

allowed to join in and we have to just tell them the truth about that but