

Ways to respond when you notice your child Lying

Reframe your approach

Yes or No questions such as "Did you break this?" often set children up to lie. Try open questions that prompt your child to describe what happened for more of a problem-solving approach. Try to approach the situation calmly without preconceptions.

Set the stage for learning

The best teaching moments occur when your child feels connected to you. Monitor your reactions and avoid shame to help your child be receptive to your teaching.

Skip the lectures

Rather than giving your child all the answers, have them help you figure out what happened and why it was wrong. Investigate the natural consequences of their actions. Often, the greatest learning is achieved through discovery.

Dig a little deeper

Time to get your child's wheels turning. Ask questions that will help them see the whole picture – what happened, what caused them to do it, and why they felt they had to lie about it.

Acknowledge their side

Lead with empathy. Try to see the situation from your child's point of view. Once your child understands that you are on their side, you can teach them about honesty and the importance of trust.

End with love

Remind your child that everyone makes mistakes. And although they need to be honest and keep your trust, they will always have your love.