

Lying doesn't mean the child or young person is bad!

Sometimes our reaction to this behaviour can accidentally encourage lying

1.

The "Imagination" Lie

"I met a dinosaur today"

This is their imagination and there is no need to correct them

2.

The "Trying to impress you" Lie

"I am the fastest in my class, I run faster than anyone"

Hear them and reassure that you like them no matter how they perform

3.

The "Trying to avoid punishment" Lie

"I didn't do it, it wasn't me"

Move away from fear based punishment (time out, threats, shouting, detentions)

Use non shaming discipline techniques to shift behaviour whilst maintaining trust and building honesty

4.

The "Trying to get what I want" Lie

"I haven't had reward time yet"

They have, and you both know it. Stay cool and look beyond the lie and validate the feeling/desire behind it.