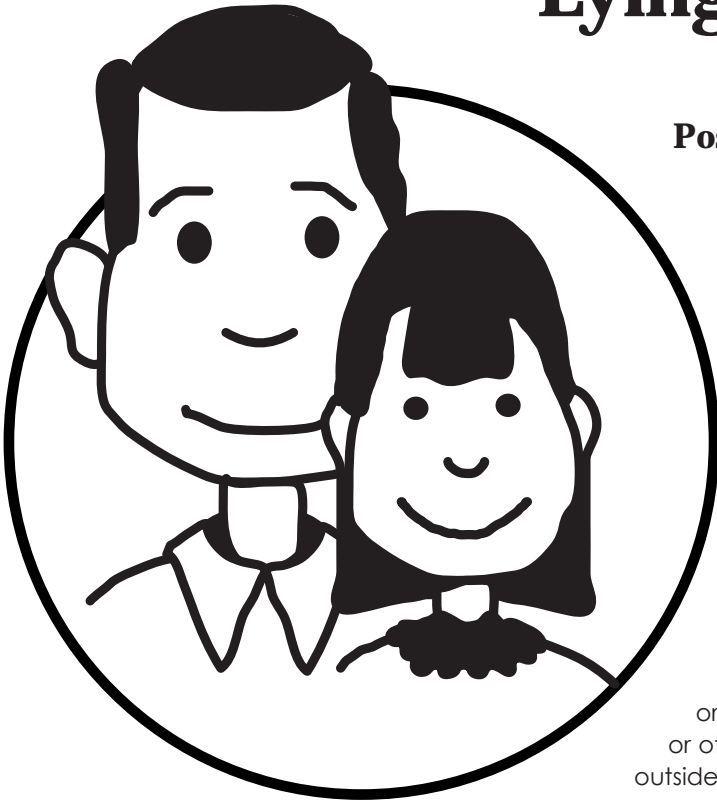


Lying



Possible reasons for this behavior

- Testing limits
- Control/power issues
- Peer pressure
- Attempting to avoid consequences
- Stress or trouble in their lives
- Seen it modeled
- Seeking attention

Most children go through incidences of lying, almost as an experimental phase. Obedience and truthfulness are values and behaviors that must be taught to children over time, so do not expect them to learn it the first time; be patient and consistent in your messages and modeling. If the behavior continues or reaches a stage that could be harmful to your child or others, it's time to take more drastic measures and seek outside help. Until then, try the strategies below.

Responses by parent:

- **Focus on the behavior, not your child.**
- **Set non-physical consequences that “fit” the behavior [lose a privilege, require making amends].**
- **Help your child “fix” or make restitution when possible.**
- **Talk with your child about the importance of being truthful and taking responsibility [and model it yourself].**
- **Acknowledge that it is natural to want to lie to get out of trouble, but let your child know it won't help in the long run.**
- **Consider additional consequences if the lying continues.**