

Mci YbYf hY jWYb. Mci fWjX `cc_g Uhnci `LY g\Yfj \X]b[gca Yh]b[. Mci gYY WU_Y Vfi a Vg cb hY VYbW UbX hY fjdg cZ\Yf Z]b[Yfg. i8]X nci YUh hY WcVt`UHY WU_Y?EMci fWjX ga]Yg Uhnci , k]h chocolate stuck in her hYh, UbX]bbcWbhmYd]Yg. iBc.D

You know your child is not telling the truth. The evidence is everywhere! So, what do you do?
<cbYghm]g Ub YggYb]U j Ui Y ZcfWj]XfYb UbX nci b[dYcdY hc XYj Ycd Ug]h] WbhfU hc Vi]X]b[hfi ghUbX community cohesion. Here are some simple, effective ways to encourage your child to be honest.

Remember, telling fibs is normal
7Uh]b[nci fWjX]b U]Y WU_VY Zi g]U]b[Vi hfYa Ya VYf]b[hUh]h] Ubcfa U dUfhcZ[fck]b[i d WU_VY`d nci keep calm. While there is a moral aspect to honesty, children in the early years of primary school tend to be very Vt`bWYfY h]b_Yfg. fYgdcX]b[VYhYf hc nci f]a a YX]UfY Vt`bWfYbg gi Wk Ug i=bYXX hc _bck nci UfY hY`]b[hY hfi h i`bg]UX cZ hY a cfU UgdYV]g cZf] \hUbX k fcb[. : cf c`XYf df]a UfmU[YX Wj]XfYb UbX hYbU[Yfg, hY VfcUXYf issues of trust and morality are parts of the conversations you should have.

Don't ask questions if you know the answer
Znci f gcb]g ga YUfYX]b WcVt`UHY WU_Y, Xcb]gUm i8]X nci YUh hY WcVt`UHY WU_Y?E`bg]UX hfm i`=VUo gYY nci UY gca Y WcVt`UHY WU_Y. Mci a i gh\Uj Y VYb Vi b[fm\i \?Eh\Yb dU gy UbX Ug_ i8c nci h]b_ #a dYUgYX cf i dgYf? K \nr? K \Uh]c\i `XkY Xc bYI h]a Y?EUse the awkward situation as an opportunity to find out more about what your child may need.

Show the truth
If you are a parent of a teenager, you know how easily parent-teen relationships can be harmed by accusations and criticism. If you think that a teenager may have misled you about an area of concern such as not being k \YfY hYmgU]X hYmk YfY, hYb]h] dfcVUWmk]gYghc Vf]b[nci f nci b[dYfgcb]g UHYbh]cb hc Yj]XYbW cZ hY hfi h fUhYf hUb VUW hYa]bhc U Vt`fYf k]h Ub UWWgU]cb. iMci gU]X nci k YfY Uh>UbU]g, Vi h\Yf a i a gU]X hUh >UbU X]Xb]Uj Y Ubmj]g]hcf g nYghYfXUm i]g U ghUYa YbhcZ hfi h Zca nci f dYfgdYV]j Y hUh]]b]Yg U fYgdcbgY from a young person.

Listen to their side
h]b[g cZYb UfYb]Ug hYmgYYa gc]Znci h]b_ nci fWjX cf nci b[dYfgcb]g bchVY]b[Vta d`YfY`m\cbYgh VY prepared to listen to their side of a story. This is not to suggest that you let them pull the proverbial wool over your eyes, but there are times when kids may believe they are telling the truth. Alternatively, they may have told a lie to keep themselves safe or to prevent them from following the crowd. Get your child talking, ascertain if they VY`jY Y hYmUfY VY]b[hfi hZ ` , UbX]Z hYmUfYb]g]ghYb hc k \m hYmVYbh hY hfi h.

Let the consequences do the teaching
Acknowledge truthfulness when a child or young person owns up to doing the wrong thing. Help them fix the dishonesty and discuss how to do better in the future. Avoid punishment as this will cause more lying in the future. Allowing the consequences to do the work helps keep your relationship intact and ensures that lessons are experienced, and responsibility is taken.

Extract a simple promise
Studies show that children are less likely to be dishonest once they have promised to tell the truth. If they tell you the truth, and then you punish them severely, they will be less likely to tell the truth in the future, promise or not.

Model honesty

Advantages of honesty are commonplace. Children and young people take their cues from parents, so these little white lies that parents tell are often the same.

In closing

Honesty takes time and maturity to learn, especially in the face of the clearly tactical advantages of bending the truth. It is always easy to be honest. And maybe, avoid keeping the chocolate cake on the kitchen table.

Parenting Ideas 2024, accessed January 2024, <https://www.parentingideas.com.au/>

