



**MBES**

# Counselor's Corner

## How to teach children to tell the truth

### **Keep your cool**

- When your child tells a lie sometimes your first reaction is anger. Try to step back and remember that children are still learning. When we immediately punish children they don't learn why lying is wrong and telling the truth is right.

### **Don't Set Traps**

- If your child has trouble with being honest don't ask them questions that set the stage for lying. Tell them you know what happened, why it's wrong, and how they can make it right. This will help them to understand that you are on their side!

### **Avoid Labels**

- Explain to your children that you don't like when they lie or their behavior, but do not call them liars. Children tend to live up to labels, whether they are positive or negative.

### **Give them a do-over**

- If you catch your child lying, give him/her a chance to back up and tell the truth. Children make mistakes and they need a chance to correct their behavior.



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## **Praise telling the truth**

- Telling the truth can be hard. Let your children know how much you appreciate their courage and honesty!

## **Why are they lying?**

What is so important that your child feels he/she has to lie? When you find out the reasons, you can teach him/her better coping skills.

## **Setting a good example**

Kids learn by example! Be sure to demonstrate what honesty looks like.

*"If you tell the truth, you don't have to remember anything." ~ Mark Twain*

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