

Counselor Chat

A resource for Mann Parents, from your School Counselor,
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Why kids lie and what to do about it

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Lying is one of those behaviors that can certainly bring up a lot of strong feelings in parents. Understanding why kids lie and what we can do as parents to decrease lying, and promote honesty, can be a welcome relief! The following information is from a TV interview with Certified Positive Discipline Trainer, Dodi Blomberg (www.dodieblomberg.com) and the book Positive Discipline; A Parent's A-Z Guide by Jane Nelsen Ed.D. et.al.

Why do children lie?

- They feel trapped
- Are afraid of punishment
- Scared of rejection
- Feel threatened
- Think it will be easier for everyone

Focus on solutions, brainstorm what would be helpful next time this problem occurs. Let go of punishment as a parenting tool because it invites:

- Resentment
- Revenge
- Rebellion
- Retreat
- Sneakiness
- Reduced self esteem

Keep in mind what you want to grow in your child long term:

- Honesty
- Problem solving
- Asking for help
- Trusting relationships
- Dependability

Remind children (and ourselves):

- Mistakes are simply opportunities to learn.
- That we are loved and cared about even when we make mistakes.

What can I DO?

Stop asking set up questions. Instead of asking; "Did you take your sister's shirt from her closet?", when you know she did, say, "I know that you took the shirt, and I'd like to work on a plan for how it can be returned."

Focus on progress not perfection. Lying has made total sense to your child...otherwise he/she wouldn't do it. Allow time for training and opportunities for your child to find a healthier approach to solving problems.

Use curiosity questions to solve problems. Instead of asking "why", ask "what and how" questions. "Why" puts us on the defensive.

State: "That doesn't sound like the truth...I am on your side" Allow your body language and tone of voice to reflect that you are on their side.

Show appreciation when they tell the truth.

For young children using fabrication..."you are really good at using your imagination! Tell me more."

News from the Counseling Office:

Kelso, the problem solving frog is visiting Kindergarten and first grade classroom to teach students how to get along, solve problems and help each other.

Counseling groups are available for any interested Mann students. Groups focusing on friendship, changing families, academic success at school, and emotions management will be available throughout the school year. Contact me at mmiller@lwsd.org or 425.936.2610 for more information.

Resources for Parents:

Are you a parent of a child with special needs? Lake Washington PTSA has a monthly parent meeting for all parents of children with special needs. Meetings often include an informative and worthwhile speaker. For more information go to:

<http://www.lwsd.org/Parents/Special-Education/Pages/default.aspx> or e-mail Chairperson, Beth Angelo at 4Bangelo3@verizon.net

Parenting Class calendar: Visit www.pasadler.org/calendar.pdf for a complete listing of parenting classes throughout the Puget Sound Area. Calendar provided by the Puget Sound Adlerian Society.