

LYING

Navigating a lie:

Always give the benefit of the doubt in situations. Are we sure it's a lie?

- **Under 5 yrs of age, we can listen & let it be. Our child is sharing their fantasy.** For example, our child says that the tree is yellow & we see that it's brown & green. We can validate their fantasies & our reality. This can sound like, "For you, the tree is yellow & for me, the tree is green & brown, hmmm."
- **Turn the lie into a wish.** For example, our child says they painted a painting & we know they didn't - we bought it at an art gallery. We can say, " Did you wish you painted this? What is your favourite thing to paint?"

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- **Come back to it at a later time.** When a child lies, it tends to be during a situation where they are dysregulated. We need to let the moment pass & wait for their body to calm down & get back to baseline. When things are calm, we can come from a place of understanding to open up a discussion. We can say things like, "I get it. I know how hard xyz is. I also struggle with it at times. I want to help you. Can you share with me more about this?" For our child to open up to us, there needs to be a connection in our relationship. Our child needs to feel that we are on the same team. Sometimes, we must put all this aside and focus on the **connection** before tackling anything else.

** For more on this, check out the course called "emotional connection"