



LIE



# Therapeutic Parenting

## STRATEGIES AND SOLUTIONS

### Lying

#### What it looks like:

Child tells a blatant lie when the truth is obvious.

Child lies habitually about unimportant matters.

Child refuses to tell the truth under any circumstances and sticks to an untrue story, even when presented with contradicting evidence.

#### Why it might happen

Avoidance of overwhelming and toxic shame.

Fear of a negative response from a parent.

Lack of cause and effect thinking.

Comfortable to be in the wrong.

Emotional age- may be at a much earlier emotional development stage.

Blocked trust- child doesn't trust the adult to do what they say they will.

Dysregulation.

Disassociation- they may believe what they are saying.

### Preventative Strategies

- ✔ Be honest yourself.
- ✔ Communication needs to be open and honest.
- ✔ All adults to have the same approach.
- ✔ Share social stories together.

### Strategies During

- ✔ Avoid directly challenging as this will cause a child to enter 'fight' or 'flight' mode. Don't argue or correct- simply state the truth.
- ✔ Try empathic commentary leading into a statement of a natural consequence.

Access further support via Wyre Family Hub

### CONTACT

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