



DOES LYING TO OUR CHILDREN IMPACT ON THEIR DEVELOPMENT?

Words: Tanya Curtis

IT IS NOT UNCOMMON FOR CHILDREN TO BE LIED TO BY THEIR PARENTS! THESE LIES MIGHT BE LITTLE WHITE LIES OR LIES WE SAY IS "FOR THEIR GOOD" ... THEY CAN EVEN BE VERY BIG LIES!

Coming into the Christmas season the tales, fables and stories shared with children tend to increase and we as adults can create lifetime patterns of children growing up with many untruths.

Ultimately, a lie is a lie no matter how big or small it is. To me, it seems a bit (well, VERY) contradictory, as parents and adults are often the first to preach to children: DO NOT LIE! Yet equally so, these same people are the first to lie to children!

I have begun to question is 'any lie a good lie'?

The questions I have are from a wellbeing perspective. I question 'what impact does this have on our children's developing psychological wellbeing?'

As I've always taught at Fabic, we adults will teach best by living what we teach ... living the way we would like our children to live now and in their future.

Our children will learn much more by watching and feeling than they will by hearing what we



say. If our words and behaviours match then we have created a foundation that is worth trusting and our children will be more likely to believe what we say. However if our words and behaviours do not match, then their trust for us will deteriorate!

Thus if we want our children to grow up:

- Eating and living healthily, then best way to teach them is to eat and live healthily ourselves
 - Harming their bodies, then if we live in a way that is harming to our own bodies our children will learn that this is the way to live
- or
- Not lying, then we will effectively teach if we live in a way that is only telling the truth.

The key is to live in a way you endorse for your children to live.

Research released by Massachusetts Institute of

Technology (MIT) suggests that children learn to mistrust adults who lie to them – especially when they are only told part of a story.

If this is the case, and it certainly fits with my theory that we learn trust when behaviours and words match, then what quality of relationship is being created when the foundation of the parent (or any adult) and child relationship includes lies?

Lying as adults teaches our children to become liars themselves. However more deeply harming is that it creates a foundation of mistrust which will be carried throughout their life. A foundation built on mistrust will lead to a foundation of anxiety!

The key:

- Live the way you would endorse for your children to live!
- Children learn most by watching and feeling you!



Multi Disciplinary Behaviour Specialist Centre

FABIC WELCOMES SPEECH PATHOLOGIST

Speech pathologist, Kathryn Maroney has now joined the Fabic Team. Kathryn joins us after moving from Melbourne where she has been working with children and adolescents with a particular focus on Autism. Kathryn's speech pathology services support with assessment and treatment of:

- language delays and disorders
- pragmatic language and social skills
- problem solving skills (higher level language)
- Identifying emotions in self and others
- play
- speech clarity
- stuttering
- literacy
- participation in the classroom
- alternative communication systems



Kathryn also offers communication assessments for autism diagnosis and assessments and reports.



FABIC Director: Tanya Curtis leads a team of qualified behaviour specialist, psychologists, speech pathologist, occupational therapists and counsellors who all employ the unique Fabic methodology based on supporting people to understand & change unwanted behaviour. Applicable Fabic services are approved by Medicare, Helping Children with Autism package, Better Start for Children with Disabilities & Private Health.

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