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Please email ideas to: [press@northwestmedia.com](mailto:press@northwestmedia.com)

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## Lying: Why & What To Do About It, Part 2

By Charley Joyce, LICSW

Part 1 appeared in the January Connections.



This discussion of lying among youth who have been maltreated is drawn from my own, and others', practice experiences as well as from literature research on the topic of maltreatment. In part one I wrote about children who lie out of a sense of fear. In this section, we'll look at three other common motivations for lying.

**Children lie because it has become a pattern of behavior.** Some people refer to lying that has become a pattern of behavior as pathological lying. In these types of situations, lying has often been modeled by adults so the child learns lying as a way to meet their needs in multiple situations. In simple terms, lying has been presented to the child as normal. And since lying has been presented as normal, and has worked for the child, the behavior will not change easily. Usually foster parents will figure out if lying is a pattern. It's baffling to foster parents because it seems that the child will lie about things when there is no reason to lie.

**How to support change with a youth who has a pattern of lying.** If a youth lies as a pattern of behavior, it is important to see this as a treatment issue. An approach for responding

to this type of lying is a consistent combination of teaching honesty, allowing for a change from a dishonest response to an honest response, and applying consequences when necessary.

Here is an example: "Johnny" has told you an obvious lie. You would state, "Johnny, I don't think that's true. Why don't you try again?" A follow-up statement could be, "Around here, we don't punish for telling the truth." At the heart of this type of approach is that the lying won't be punished if the truth is told, but the behavior behind the lie may need to be punished based on the severity of the behavior.

**Lying as a way to feel important.** Children will often lie as a way to make themselves feel important. This often takes the form of exaggerating accomplishments and/or experiences. In a paradoxical way, there is a purpose to this type of lying that is positive. It often is a way for the youth to try and receive attention from the foster parent and to be recognized as important and worthwhile. Additionally, a twist on this type of lying is that a youth may lie over seemingly insignificant issues in order to "save face." Unfortunately they have not learned, nor internalized, that we all make mistakes and they will not be harshly judged for their mistakes. This type of lying is often present in youth who experience low self-esteem.

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**How to support change with a youth who lies as a way to feel important.** Often this type of lying will lessen, or extinguish, with increased maturity and confidence. If the child you are caring for displays this type of lying, try to eliminate their need to do so. Place significant attention on building their self-esteem in a consistent, targeted way. Show great interest in the youth's real accomplishments and amplify his strengths. Talk about how mistakes and successes are a part of life.

**Lying as a way to exploit others.** Hopefully you will not see this type of lying often and we should be careful about over diagnosing this type of lying. Lying to exploit has as its purpose victimizing others for personal gain. A central theme is having power over others and controlling them through the threat of intimidation and/or harm. Young people who engage in this type of lying often have a history with caregivers who were abusive, exploitative, unreliable and unresponsive. It is generally seen in combination with other antisocial behaviors.

**How to support change with a youth who lies to exploit.** If you are fostering a youth who engages in this type of lying, it is important that you work closely with other helping professionals in order to avoid being drawn into manipulative maneuvering. The response to exploitative lying should be very direct, clear and should focus on holding the youth responsible for the lying. If the lying includes activity that is illegal, legal consequences should be applied.

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## Advanced Parenting Workshops Offer Advanced Help for Big Problems



Where does a child's rage come from? Why would a child lie about everything? Sometimes a child's behavior is so baffling and so resistant to change that the best course is to step back, explore the issues, and share ideas with others facing the same challenges. That's the purpose of Advanced Parenting Workshops on [www.FosterParentCollege.com](http://www.FosterParentCollege.com).

Workshops begin with a multimedia presentation and then focus on skill building with exercises and an online discussion board. With guidance by the instructor and teaching assistants, participants work together to create an action plan for the case study family.

FosterParentCollege.com currently offers two Advanced Parenting Workshops, one on **Anger** and one on **Lying**.

In the **Lying** workshop, we study the case of a 16-year-old foster child who lies constantly. With the help of Dr. Richard Delaney and his teaching assistants, participants will identify the possible causes for the behavior and work together to develop an action plan for the foster parents, with concrete steps they can use for coping with and curbing the boy's chronic lying.

In the **Anger** workshop, participants begin by learning about the types of anger and the components of anger. A case study will be introduced and the workshop participants will work together to identify the components of an outburst and how it is influenced by a child's biases and beliefs. The participants will then work together to develop an action plan for the case family, with guidance and assistance by Dr. Richard Delaney and his teaching assistants.

Both workshops are self-paced, span three weeks, and have a specific start and end date. Sessions are posted twice a week. Completing a workshop yields 6 training credits and a Certificate of Completion. Register now for February and March Advanced Parenting Workshops at [www.FosterParentCollege.com](http://www.FosterParentCollege.com).

## Carefree Cooking – Maple, Walnut and Apple Pancakes & Berry Syrup

### Maple, Walnut and Apple Pancakes

- Ingredients:**
- ▶ 1 cup all purpose flour
  - ▶ ¼ cup flaxseed meal\*
  - ▶ ¼ cup finely chopped walnuts
  - ▶ 1½ teaspoons baking powder
  - ▶ ½ teaspoon baking soda
  - ▶ ½ teaspoon salt
  - ▶ 1 ¼ cups reduced-fat (2%) buttermilk
  - ▶ ¼ cup pure maple syrup
  - ▶ 1 large egg
  - ▶ 1 tablespoon (or more) vegetable oil
  - ▶ Additional pure maple syrup



- Directions:**
1. Whisk flour, flaxseed meal, walnuts, baking powder, baking soda, and salt in medium bowl to blend.
  2. Whisk buttermilk, ¼ cup maple syrup, and egg in another medium bowl.
  3. Add buttermilk mixture to dry ingredients and whisk just until incorporated.
  4. Brush large nonstick skillet lightly with vegetable oil and heat over medium heat. Working in batches, add batter to skillet by scant ¼ cupfuls. Cook until bubbles appear on surface of pancakes and undersides are golden brown, about 2 minutes. Turn pancakes over and cook until golden on bottom, about 2 minutes. Brush skillet lightly with vegetable oil as needed before adding each batch. Transfer pancakes to plates.
  5. Serve with additional maple syrup.

\*Sold at natural foods stores and some supermarkets. If flaxseed meal isn't available, buy flaxseeds and use a spice grinder or coffee mill to grind them into a fine powder

Variations: top with finely chopped fruit instead of maple syrup.

### Berry Syrup

- Ingredients:**
- ▶ 2 cups fresh or frozen berries
  - ▶ ¼ cup water
  - ▶ 1 cup orange juice
  - ▶ ¾ cup white sugar
  - ▶ ¼ cup cold water
  - ▶ 3 tablespoons cornstarch

- Directions:**
1. In a saucepan over medium heat, combine the berries, ¼ cup of water, orange juice, and sugar. Stir gently, and bring to a boil.
  2. In a cup or small bowl, mix together the cornstarch and ¼ cup cold water. Gently stir the cornstarch mixture into the berries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes. Thin sauce with water if you prefer it a little thinner.



## February Word Find Fun – Hang this page on your fridge for your children’s enjoyment.

Some animals hibernate to survive the winter. True hibernators appear to be dead because their heart rate slows down and their body temperature drops to almost the same temperature as the outside. Their breathing also slows down. It takes a long time for true hibernators to wake up and move around.

Some animals (like bears) are not true hibernators. They wake up and move around, have a snack and then go back into hibernation again.

The first five critters on this list are true hibernators and the rest are of the sleep ‘n’ snack crowd. Have fun!

### Word Key:

- ▶ Gophers                      ▶ Ladybugs                      ▶ Beavers
- ▶ Bats                            ▶ Bears                            ▶ Badgers
- ▶ Frogs                           ▶ Skunks
- ▶ Snakes                        ▶ Squirrels

B	E	A	V	E	R	S	E	C	S
S	N	G	B	Z	M	E	O	R	Q
N	G	O	N	G	N	O	E	E	U
A	F	P	X	C	D	G	E	C	I
K	R	H	Y	K	D	U	L	Y	R
E	O	E	E	A	J	V	L	W	R
S	G	R	B	M	U	B	Z	P	E
P	S	S	L	B	E	A	R	S	L
J	N	T	F	M	B	T	R	K	S
Q	W	R	Q	Q	Z	S	A	U	U
W	R	S	X	W	M	R	Y	N	Q
L	A	D	Y	B	U	G	S	K	E
H	P	N	X	R	N	X	A	S	E

## Kids Krafts – Button Beings

The hardest part of this craft is deciding which critters to create. The buttons can be feet, faces, or anything.

### What You Will Need:

- ▶ Buttons    ▶ Craft glue
- ▶ Pipe cleaners                                      ▶ Googly eyes
- ▶ Permanent markers                              ▶ Craft beads

### How To Make It:

1. Gather buttons, pipe cleaners, permanent markers, craft glue, googly eyes, and craft beads.
2. Make any creature you can imagine by threading the pipe cleaners through the buttonholes.
3. Get creative by linking multiple buttons and by molding the pipe cleaners into interesting shapes such as tails, antennae, legs, wings, and more. (Remember that you can twist together 2 pipe cleaners for extra length.)
4. Once the body is done, add a mouth with a marker and then glue on eyes.



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