



NATP
NATIONAL ASSOCIATION
OF THERAPEUTIC PARENTS



Centre of Excellence in
CHILD TRAUMA

'Mad Lying' Strategies

*These strategies can be used to good effect when the Carer/Parent fears that they will be paralysed by the enormity of the child's 'mad' lying. In Scenario A the lie is stopping the child from conforming, so the lie needs to be set to one side. The adult must stay focused on what they want the child to do rather than the lie the child is telling. The adult must make it clear that they do not believe the lie without adding 'fuel to the fire'. **Avoid sarcasm and taunting.** Use phrases such as 'Well I never!' Or 'Fancy that' to good effect as these phrases do not add to the argument nor intimate disbelief.*



Scenario A

Child enters room wearing red boots. The child was earlier forbidden from wearing these.

Adult: Oh. I see you are wearing your red boots.

Child: No, I am not. I haven't even seen them.

Adult: Oh well it is just a shame as obviously, we won't be going out now. (Begins humming quietly and occupying themselves with new task)

Child: You are just stupid. You don't even care if my feet are cold.

Adult (preoccupied and busy) dum tee dumm dah

Child: You have never cared about me. I am not even wearing my red boots.

Adult: Anyway, when you have changed, we can go out, (continues with 'busy task, humming etc)

Child: (*raging*) I am not even wearing them stupid, blind idiot. Are you blind (*shouting*) WELL ARE YOU!!??

Adult: Goodness me, look at the time! We won't have time to get to the park soon. What do you need to do to get to the park?

Child: I DON'T KNOW DO I????

Adult: Ok well off you go then and let me know when you have worked it out.

Child: I am NOT WEARING RED BOOTS

Adult: Well I have decided that you are.

(Adult does not engage with child further except for re-stating 'What do you need to do?' until desired outcome is reached)