

# Fostering Courage

1

**Model Honest Behavior**  
Children learn by watching their parents. Set a good example by being truthful in your words and actions, even in small matters.

2

**Create a Safe Space for Truthfulness**  
Ensure your child feels safe telling the truth by responding calmly when they admit mistakes. Avoid harsh punishment and instead focus on problem-solving.

3

**Praise Honesty**  
When your child tells the truth, especially in difficult situations, acknowledge their honesty with positive reinforcement. Saying, "I'm proud of you for being honest" can go a long way.

4

**Teach the Consequences of Lying**  
Help your child understand that dishonesty can break trust and hurt others. Use real-life examples or stories to illustrate the impact of lying.

5

**Encourage Open Communication**  
Let your child know they can talk to you about anything without fear of judgment. When children feel heard and understood, they are more likely to be honest.

6

**Set Clear Expectations**  
Explain to your child that honesty is a family value. Discuss the importance of truthfulness in everyday situations, from schoolwork to friendships.