The Parents' Calm Response Card



- Pause. Take a deep breath. You've got this.
- Respond with calm. You're teaching, not winning.
- Repair if needed. Connection matters most.

THE PARENT'S CALM RESPONSE CARD™

Your Quick Guide for the Moment Your Child Lies

A limited-time companion to The Truth-Safe™ Approach to Childhood Lying

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1 — THE 60-SECOND PARENT RESET

Before responding:

PAUSE — 10 seconds

Take one slow breath.

Ask yourself: “Am I responding to teach, or reacting because I’m angry?”

CHECK — 15 seconds

What do I know for certain?

What am I only assuming?

SPEAK — 15 seconds

Use one calm opening:

“Something isn’t adding up. Help me understand what happened.”

LISTEN — 20 seconds

Allow your child to answer without interruption.

If you are too angry to continue safely, pause the conversation and return when calm.

2 — WHAT TO SAY INSTEAD

Avoid saying	Try saying
“You’re a liar!”	“What you said wasn’t true.”
“You always lie!”	“We need to address what happened today.”
“Don’t you dare lie to me!”	“I need an honest answer.”
“Nobody will ever trust you!”	“Trust can be rebuilt through your actions.”
“You are a disgrace!”	“That choice was wrong. Let’s discuss how to make it right.”

Your three checks before a consequence:

- Is it connected to the behaviour?
- Is it reasonable for my child’s age?

- Will it teach what to do differently?

3 — THE TRUTH™ POCKET REMINDER

T — TAKE THE HEAT OUT

“I need to stay calm.”

R — REVEAL WHAT HAPPENED

“Tell me what happened.”

U — UNDERSTAND THE REASON

“What made it difficult to tell me?”

T — TEACH ACCOUNTABILITY

“What needs to happen to make this right?”

H — HELP REBUILD TRUST

“What can you do consistently to show responsibility?”

Your parent commitment

“When my child makes a mistake, I will aim to correct the behaviour without attacking their character.”

Parent’s name: _____

Date: _____

Keep this card on your phone, inside your diary, or near your family planning space.