



Why Kids Lie and 7 Ways to Get Them to Tell the Truth

Consider the following scenario: you're peacefully reading on the sofa when Buddy, the family dog, walks in to snuggle beside you. But when you absent-mindedly pat him on the head something feels sticky, and it's not a cold, wet nose. It's ketchup. All over Buddy. "Devon!" You yell in the general direction of your 6-year-old. "What?" He shouts back, peeking in the room. "Did you put ketchup on Buddy?" you demand, although there's not much room for doubt. Buddy is a smart dog, but he can't open ketchup bottles. "No," Devon responds in his most innocent voice. And now you're facing the unfortunate problem of having caught Devon in a lie. And that's the third time this week, despite your best attempts to let him know in no uncertain terms that lying is unacceptable. Why doesn't he "get it?" Lying is certainly a frustrating challenge for parents, but fortunately, it's one we can fix with a few adjustments to our parenting style. Let's take a look at why kids lie. By understanding where they're coming from, you'll start to see what you can do to get the truth in the future. One of the most obvious reasons for lying is to avoid punishment or an unpleasant outcome. It's hard for a child to be honest when he/she knows they may face physical punishment, humiliation or a good tongue lashing. And can you blame them? Even as an adult, you may do the same when faced with an angry boss or nagging neighbor. Another

reason is to avoid losing favor in your eyes. The last thing kids want to do is disappoint their parents—they'd rather lie than have you think less of them for something they did (or didn't do). And finally, kids always want a reaction, so they'll tell outlandish stories to impress you or others. Many parents come to me very concerned about their kids' repeated lies. When I ask them how they respond to lies, they usually describe some form of swift and stern punishment. Unfortunately, this creates a vicious cycle: As kids are punished for lying, they're less likely to tell the truth in the future. The punishment creates a result that's exactly opposite from what we're looking for. But since lying really is a serious misbehavior, how can you address it without fueling the problem? Try looking at the problem another way: Instead of doling out punishment for every fib, we want to make sure to create a safe environment for the truth. Below are seven ways to do that.

Be aware of how you respond to misbehavior in general. If your kids are worried about being punished or yelled at when they mess up, they won't feel safe telling you the truth. Practice using your calm voice (although it can be hard at times) and focus on solutions that will solve the problem instead of assigning blame. **Allow your child to save face.** Don't give your child the opportunity to fib by asking questions to which you already know the answer. For

example, instead of asking, "Did you finish your homework?" try, "What are your plans for finishing your homework?" If your child hasn't completed his homework, he can save face by focusing on a plan of action rather than inventing a story. **Focus on the feeling.** When your child is being dishonest, try to understand what made him feel that he couldn't be honest with you. Instead of calling him out about the lie, try, "That sounds like a bit of a story to me. You must have felt afraid to tell me the truth. Let's talk about that." You'll get the honesty you're looking for, as well as information that may help you foster the truth in the future. **Acknowledge and appreciate honesty.** Express encouragement when your kids tell the truth. "That must have been difficult for you to tell what really happened. I admire your courage for telling the truth. You are really growing up!" **Celebrate mistakes.** Think of mistakes as a way to learn to make better choices in the future. If kids know that you won't be angry or disappointed when they mess up, they'll be more likely to share honestly. To respond, simply say something like, "That's a great opportunity to learn for the future. If you could have a do-over, what would you do differently?" If your child's actions negatively affected another person, ask what needs to be done to "make it right" with the injured party. (Continued on page 2.)

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(continued from front page) **Reinforce unconditional love.** Make sure your kids know that while you sometimes don't like their behavior, there isn't anything they could possibly do that would change your love for them. **Watch your white lies.** Remember

that young ears and eyes are always tuned in. Whether you're failing to correct the barista who gave you too much change or making up a story about why you can't volunteer at the school fundraiser, remember your actions set the example for acceptable

behavior. By following these guidelines, you'll soon notice a sharp decline in the lies your kids tell. What's more, you're showing them that no matter the situation, everyone benefits from the truth.

Source: Amy McCready, TODAY, Jan. 23, 2017 at 4:40pm

Yes, You Can Acquire Optimism

In these turbulent times, it may be a struggle to maintain a glass half full view of life. A poll released by the Associated Press on New Year's Day indicated that most Americans came out of 2016 feeling pretty discouraged. Only 18% feel things for the country got better, 33% said things got worse, and 47% believe things were unchanged from 2015. However, 55% of those surveyed said they expect their own lives to improve in 2017. If you are among this majority, it may serve you well. A growing body of research indicates that optimism—a sense everything will be ok—is linked to reduced risk of developing mental or physical health issues as well as to an increased chance of a longer life. One of the largest such studies was led by researchers Dr. Kaitlin Hagan and Dr. Eric Kim at the Harvard T.H. Chan School of Public Health. Their team analyzed data from 70,000 women in the Nurses' Health Study, and found that women who were optimistic had a significantly reduced risk of dying from several major causes of death over an eight-year period, compared with women who were less optimistic. The most optimistic women had a 16% lower risk of dying from cancer; 38% lower risk of dying

from heart disease; 39% lower risk of dying from stroke; 38% lower risk of dying from respiratory disease; and 52% lower risk of dying from infection. **Yes, you can acquire optimism.** Even if you consider yourself a pessimist, there's hope. Dr. Hagan notes that a few simple changes can help people improve their outlook on life. "Previous studies have shown that optimism can be instilled by something as simple as having people think about the best possible outcomes in various areas of their lives," she says. The following may help you see the world through rosier glasses: **Accentuate the positive.** Keep a journal. In each entry, underline the good things that have happened, as well as things you've enjoyed and concentrate on them. Consider how they came about and what you can do to keep them coming. **Eliminate the negative.** If you find yourself ruminating on negative situations, do something to short-circuit that train of thought. Turn on your favorite music, reread a novel you love, or get in touch with a good friend. **Act loyally.** Don't fret about your inability to influence global affairs. Instead, do something that can make a small positive change—like donating clothes to a relief organiza-

tion, helping clean or replant a neighborhood park, or volunteering at an after-school program. **Be easier on yourself.** Self-compassion is a characteristic shared by most optimists. You can be kind to yourself by taking good care of your body, eating well, exercising, and getting enough sleep. Take stock of your assets and concentrate on them. Finally, try to forgive yourself for past transgressions (real or imagined) and move on. **Learn mindfulness.** Adopting the practice of purposely focusing your attention on the present moment and accepting it without judgment can go a long way in helping you deal with unpleasant events. If you need help, many health centers now offer mindfulness training. There are also a multitude of books and videos to guide you.

Source: Article printed from Harvard Health Blog: <http://www.health.harvard.edu/blog>

URL to article: <http://www.health.harvard.edu/blog/hold-optimism-reap-health-benefits->

Massage Moves to Try Today

Massage therapy may seem like a luxury, but it offers significant health benefits. The following massage techniques can help improve how your body feels at the end of the day—especially if exercise or work puts your body through the wringer. Plus it's free of charge. Here's how you can incorporate massage at home. For cramped feet: Take a tennis ball or frozen plastic water bottle and roll it under your foot to relieve any built-up tension from the day. For a tight back: Lie down and place a tennis ball directly under the

problem area along your back. Hold the position until tension releases. Remember to breathe deeply. For a stiff neck: Hold your fingers together and move them in a circular motion along the bottom of the neck toward the shoulders. Work on releasing the tension that may have worked itself into a knot. For chronic issues, such as back pain, depression and certain types of cancer, consider visiting a trained massage therapist. Massages may help reduce pain and depression, possibly even boosting serotonin, according to the

American Massage Therapy Association.

Source: Affinity For You, Your Health, Your Life, Volume 8, Issue 3. Affinity Medical Center, 875 Eighth Street, NE, Massillon, Ohio 44646

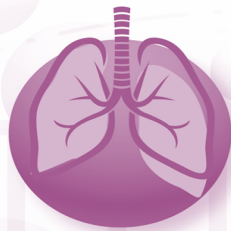
What are opioids?

Opioids, a class of drugs that includes heroin and potent pain relievers such as Oxycodone, Codeine, and Morphine, attach to receptors in the brain, spinal cord, and other areas of the body. They slow breathing, reduce pain, and create feelings of pleasure and relaxation.



Why are they dangerous?

Continued use can lead to opioid use disorder, requiring increasing doses and causing withdrawal symptoms upon abrupt discontinuation. Accidental overdose or concurrent use with other depressant drugs may result in death from respiratory depression.



How many people die from opioid use disorder?

On average, 91 people die every day, according to the Centers for Disease Control (CDC). In 2015, 33,091 people in the U.S. died from opioid use disorder. We've lost almost 200,000 Americans to this condition since 1999.

What is contributing to the rise in opioid use disorder?

About 99 percent of physicians exceed the recommended three-day dosage limit, with a quarter of them writing prescriptions for a full month and thus overprescribing these types of medications, according to a recent survey by the National Safety Council. "The majority of...these misused prescription opioids are coming from legally written prescriptions." – Dr. Vivek Murthy, U.S. Surgeon General



Can people recover from opioid use disorder?

Yes. However, a major barrier to recovery is insufficient access to treatment. While some of the 22.7 million Americans who needed drug or alcohol treatment in 2013 went without care by choice, at least 316,000 tried and failed to get treatment, according to the Substance Abuse and Mental Health Services Administration (SAMHSA).



How can licensed professional counselors (LPCs) help?

LPCs use what is commonly known as "talk therapy" to address individual needs as well as social, family, and professional/educational outcomes. They teach people to become more aware of the feelings, stressors, and situations that trigger opioid use. This comprehensive approach reaches far beyond treatment plans that focus solely on prescription medications.



How accessible are LPCs?

LPCs practice nationwide. In fact, LPCs from Michigan and West Virginia, two states that have been greatly affected by the opioid epidemic, served as panelists during ACA's April 4, 2017 Congressional Briefing titled, "The Epidemic of Opioid Addiction."



Vista Psychological & Counseling Centre

1201 South Main Street
Suite 100
North Canton, Ohio
44720

Phone: 330.244.8782

Fax: 330.244.8795

Email: info@vistapcc.com

Visit us at
www.vistapcc.com

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End-of-Life Care

Caring for someone in the final stages of life is always hard. It may be even harder when the person has Alzheimer's disease. Planning for the end of a person's life and knowing what to expect can make this time easier. Quality of life is an important issue when making end-of-life health care decisions for a person with Alzheimer's. For example, it is important to consider how a treatment will benefit a person and what the side effects and risks might be. You might decide to try a treatment for a short time, or you might decide that the best choice is to do nothing. In more advanced Alzheimer's disease, some caregivers might not want certain medicines prescribed. The person's quality of life may be so diminished that the medicine is unlikely to make a difference. Alzheimer's disease and similar conditions often progress slowly and unpredictably. Signs of final stage Alzheimer's may include:

- Being unable to move around on one's own
- Being unable to speak or make oneself understood

- Needing help with most, if not all, daily activities
- Eating problems such as difficulty swallowing or no appetite

As a caregiver, you want to make the person as comfortable as possible, but he or she can't tell you how. You may become frustrated because you don't know what to do. Making connections through senses like hearing, touch, or sight can bring comfort to people with Alzheimer's disease. Being touched or massaged and listening to music, "white" noise, or sounds from nature seem to soothe some people and lessen their agitation. Geriatric care managers, grief counselors, and palliative care and hospice staff are trained to help make the person with Alzheimer's more comfortable and to help their families through this time. Geriatric care managers can make home visits and suggest needed services. Counselors can help you understand and deal with your feelings. Palliative care and hospice services provide care for a very ill person to keep him or her as comfortable and as pain-free as possible. Palliative care provides comfort care, along with any medical treatments a

person might be receiving for a life-threatening illness. When a person is near the end of life, hospice care gives family members needed support and help with their grief, both before and after the person with Alzheimer's dies. Someone with severe memory loss might not take spiritual comfort from sharing family memories or understand when others express what an important part of their life the person has been. Even so, it's really important to say the important things in your heart, whatever helps you to say goodbye. When the person with Alzheimer's dies, you may have lots of feelings. You may feel sad, depressed, or angry. You also may feel relieved that the person is no longer suffering and that you don't have to care for the person any longer. Relief sometimes may lead to feelings of guilt. All of these feelings are normal. For more information, care giving tips, and other resources, visit:

www.nia.nih.gov/alzheimers/topics/caregiving
or call the Alzheimer's Disease Education and Referral (ADEAR) Center 800.438.4380

ADEAR is a service of the National Institute on Aging, part of the National Institutes of Health.