

# “The Funniest White Lie I’ve Told My Kids”

Sometimes, telling a well-intentioned untruth is the only way to get your little ones to obey. These mums tell **SASHA GONZALES** their most amusing ones.



*“My three-year-old is learning how to brush her teeth so I try to help her when she’s not doing it properly. If she refuses to open her mouth, I’ll say: ‘Yikes, I think I saw a worm in there. Open wide and let me catch it!’”* - Elyse-Anne Lim, 33, love coach, and mum to seven-year-old Gabrielle, three-year-old Seraphielle and six-month-old Arielle



“Getting my son to be diligent about brushing his teeth can be hard at times. When I see him doing it half-heartedly, I tell him that if he doesn’t get his brush into every nook and cranny, his teeth will fall out. The image of losing his pearly whites spurs him into action!” - **Carol Liew, 41, senior retail manager, and mum to four-year-old Jayden**

“My son is a car fanatic. When he refuses to eat his vegetables, I tell him that only those who finish their vegetables will be allowed to drive cars when they are older.” - **Antonia Tan, 38, image consultant and business owner, and mum to four-year-old Ian and two-year-old Victoria**





young child, it's fine to talk about the birds and the bees, but when he is older, you may want to sit him down and tell him what really happens during the act.

**2** *Don't avoid addressing difficult issues.* "If you use white lies to avoid these issues, it may be detrimental to your children," Dr Lim explains. "Your children may find your white lies silly and lose trust in you. Even worse, they may try to learn the truth from unreliable sources like their friends or the internet."

**3** *Don't play too much on their fears.* It's not a good way to manage their behaviour - such as white lies may result in your little one developing phobias and anxiety problems.

"When I want my daughters to finish all their veggies, I remind them that if they want hair that's as long and beautiful as Rapunzel's, they have to eat up. Rapunzel is their favourite storybook princess and they'd do anything to have that kind of hair!" - Ashley Woo, 34, stay-at-home mum to five-year-old Avril and four-year-old Arianna



## Is It Okay to Tell Your Kids White Lies?

Children may not yet be able to grasp certain concepts, so lying to protect their innocence is generally accepted. But Dr Lim Boon Leng, psychiatrist and medical director from Dr BL Lim Centre For Psychological Wellness at Geneagles Medical Centre, suggests the following:

**1** *Consider your child's age and maturity level.* Tailor the white lie to your child's situation and remember that eventually, you will have to tell him the truth. For example, when explaining sex to a

communications manager, and mum to two-year-old Cherice



"My daughter is absolutely terrified of cockroaches. When she refuses to clean her face, I remind her that roaches like dirty things so they'll find her and try to kiss her! It always works!"

- Angelina Ng, 30,



"To get my daughter to sleep by 10pm bedtime - I tell her that that's when the monsters under the bed like to come out. She thinks it's funny so she'll smile and say 'Okay, Mummy', then try to sleep." - Lyvian Wong Lambert, 36, sales director, and mum to three-year-old Mirabelle and one-year-old Magnus



"To dissuade my kids from urinating in the pool, I used to tell them there were special sensors built into the floor that would set off loud sirens if there was the slightest trace of pee." - Carol Neo, 44, stay-at-home mum to 13-year-old Vanessa and 11-year-old Brendan



"When my son plays super-loud toys and the noise gets too much, I take the batteries out. Then I tell him there must be a problem with the sound and suggest a different way to play with his toys." - Yasmín Lazaro, 29, corporate communications assistant manager, and mum to four-year-old Ethan