Children begin to develop their minds at an early age, and they eagerly follow the values and principles of the environment. Therefore, paying special attention to the most important values that we should share with our children can be very important. In my opinion, sharing honesty with children is the most important value. This is for two main reasons, which I will examine in the following article.

First of all, one of the most important effects of being honest with children is that they learn not to lie because lying can badly affect their body and mind. Parents are a vital role model for their children to follow. When parents are honest with their children, the children imitate their behavior, and become honest. Conversely, not sharing honesty can encourage children to lie, and as a result, they will lie more and more. Parents may hope that their children understand the consequences of lying, but unfortunately, this is not true at such an age. So small lies can have big consequences. Recent research shows that lying can be both physically and emotionally damaging. This study has shown that lying causes stress and anxiety in children. This stress is the main cause of heart palpitations, dizziness, headaches in children, and may eventually lead to severe physical illness. In addition, children feel embarrassed and frustrated about lying to their parents, so their mental health can also be affected, resulting in depression, antisocial behavior, and fear that leave them alone in their lives. Therefore, sharing trust with children can prevent lying, and its negative impact on them.

Secondly, sharing honesty is the best way parents can truly identify their children's problems, which can sometimes be very serious and even vital. In other words, children today are the most vulnerable groups in social problems. If parents neglect their children, some of these problems can have irreversible effects on their children. One of these common problems in society is child abuse. Undoubtedly, children are not able to tell the truth to their parents out of fear, so they are physically, emotionally and sexually abused by sick people around the world. If parents teach their children to tell the truth in any situation, and are not afraid to tell the truth, children will more easily express their issues and problems and realize the importance of honesty therefore they will immediately warn their family members by observing the strange behavior of strangers.

Finally, while being helpful is a core value for everyone, being helpful is good when children can do an activity to the fullest, otherwise, they can not help. Children at this age, on the other hand, are usually not physically or mentally mature enough to understand complex problems or discover practical solutions. In addition, well organization allows children to avoid mistakes, and follow a precise, and pre-prepared process, but this severely restricts children's freedom of thought, and does no good in improving curiosity and imagination. As a result, based on what has been said, without a foundation of trust, our children will not only be harmed mentally and physically, but will also be more exposed to severe childhood problems such as child abuse, and these two vital issues will be helped or well-organized are not covered so, honesty is the best policy, and value that people should have about their children.