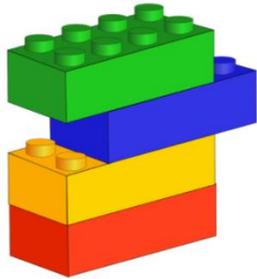


Promoting School Readiness in the Early Years using Four Types of “Descriptive Commenting”



One of the foundational elements of the **Incredible Years Programme**, by Carolyn Webster-Stratton, encourages parents and teachers to describe children's play rather than ask lots of questions. Adults can act as commentators at a sports match. This coaching technique increases the child's awareness of what they are **thinking, feeling and doing**. It also promotes curiosity, exploration, emotional regulation and coping skills.

ACADEMIC



"You have the blue car and the green plane"

"We have one, two, three circles and one, two, three, four squares"

"The big teddy is sitting under the chair. The small teddy is on top of the chair"

"I asked everyone to put their toys in the box. You listened so well and did it all by yourself!"

PERSISTENCE



"You are focusing really hard on this"

"I like how you're looking so carefully and taking your time to think about where the next piece of the puzzle goes"

"You are being really patient. It's great that you're having another go"

"This is tricky, but it's ok to make mistakes. This will get easier after we practise"

SOCIAL



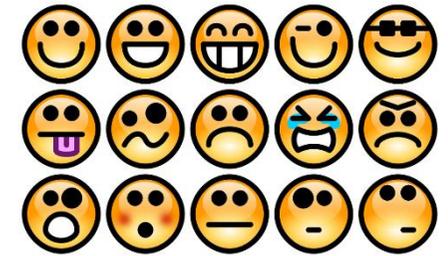
"I'm waiting until you're finished and then it's my turn"

"I don't think I can find the yellow brick. I need some help"

"I see that you want to play with the cars. You can join in with your friend by saying 'Can I play with you?'"

"You saw that she wanted to play with the dolls, and you said 'You have this one'. She looks so happy because you shared"

EMOTIONAL



"I think you're feeling worried about this change".

"You're disappointed that play time is over. You wish you could carry on for a while longer"

"It's so frustrating to think that he wasn't being nice. But you did the right thing in walking away"

"That big smile tells me that you're proud of yourself. You're getting so confident with this"