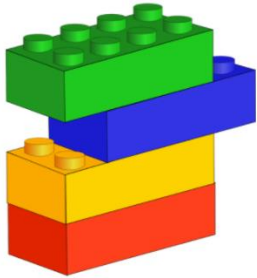


# Promoting School Readiness in the Early Years using Four Types of “Descriptive Commenting”



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



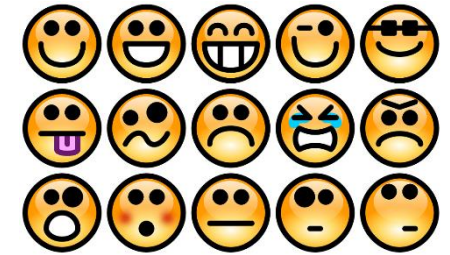
*"I'm waiting until you're finished and then it's my turn"*

*"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"*