

HELPFUL HINTS FOR A CHILD'S HEALTHY VOICE

Certain behaviours can cause the vocal cords to contact one another with too much force. This can lead to muscle strain and tension, changes to the vocal fold tissue, and problems with the quality and endurance of the voice. These include:

Using excessive or frequent throat clearing
as this can cause injury to the vocal folds

Speaking in sentences that are too long
as they may run out of breath and put strain on their vocal folds

Having large amounts of dairy products or coca cola
as these can dry out the vocal cords

Excessive shouting, screaming or loud laughing, particularly in a noisy environment
as this can cause straining and vocal abuse

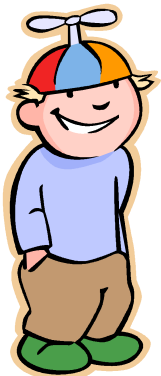
Making strange or unusual sounds with their voice in play such as loud airplanes, trucks, and animal sounds.

Whispering, *use a quiet talking voice instead*

Talking a lot when they have a cold, are ill or overtired: *encourage them to get lots of rest, drink plenty of fluids, use a quiet voice, and take voice breaks.*



ENCOURAGE YOUR CHILD TO:



- Drink enough fluids during the day
- Get plenty of sleep. Tiredness can cause the voice to sound hoarse
- Take enough breath to talk
- Talk in shorter sentences with a deep breath in between
- Be aware of background noise
- Use good posture
- Give your voice a rest

