

10 TIPS

TO KEEP A HEALTHY VOICE IN CHILDREN

- ❖ **Turn down the volume.** No need for the television or mobile devices to be at high volume. Speak to each other more quietly and reduce the noise with your activities. You could even benefit from having a time when silence is practiced in the home.
- ❖ **Encourage quiet time.** Include non-vocal activities in the day, like reading or computer time.
- ❖ **Take talking breaks.** Aim for an hour of vocal rest each day. This may consist of several short periods based on your child's age.
- ❖ **Take turns talking.** Take turns during conversations so children aren't compelled to use a loud voice to talk over each other. This also saves the amount of decibels your child should be exposed to on a daily basis.
- ❖ **Be a good role model.** Don't yell in the house, use loud voices or listen to your music too loud.
- ❖ **Explain inside and outside voices.** Emphasize the appropriate places to use each type of voice.
- ❖ **Listen to other healthy singers & speakers.** Expose your child to singers and speakers who have a trained voice or are careful with the voice. These voices do not use a raspy voice, sing too loud, sing only in their chest voice or speak with a voice that is too low or edgy.
- ❖ **Encourage healthy voice habits.** Sipping water throughout the day will keep vocal folds hydrated and less prone to injury. Include snacks that have water in them such as carrots, cucumbers, grapes, apples.
- ❖ **Discourage constant throat clearing.** It contributes to throat irritation and hoarseness. Instead, encourage your child to sip water or simply swallow when there is a need to clear the throat.
- ❖ **Seek help.** If your child's voice becomes consistently hoarse, raspy, or weak, something could be seriously wrong. You should consider making an appointment with a pediatric otolaryngologist to better understand your child's situation and before the symptoms cause damage to your child's voice.