

The Voice of a Child



The Voice from Infancy to Maturity

Infant voice – differences to adult voice

- ❖ Small lungs – $\frac{1}{4}$ to $\frac{1}{2}$ adult proportions
- ❖ Newborn – 87 breaths a minute / Adults 16 – 20
- ❖ Breathing - Diaphragmatic with short bursts of crying aided by elevated levels of hyaluronic acid that serves as a shock absorber.

Child voice – differences to adult voice

- ❖ Lung volume
- ❖ Larynx size
- ❖ Monolayered vocal fold structure
- ❖ No defined vocal ligament & softer laryngeal cartilages
- ❖ Shorter phrases
- ❖ Range of vowels - differentiation/vocal colors are less
- ❖ Different pitch range of vocal registers and smaller range
 - ❖ Fewer voice qualities , Less vocal stamina

The Adolescent Voice

Symptoms of Change in the Adolescent Voice

- ❖ Husky or hoarse quality
- ❖ Occasional involuntary changes in pitch (voice cracking in speech)
- ❖ Temporary decrease in overall pitch range
- ❖ Increased difficulty with register transitions
- ❖ Females: Increased breathiness seen in vocal chink
- ❖ Males: Tilting larynx causing protruding bump “Adam’s Apple”

Working with the Adolescent Voice. Bodymind & Voice: Foundations of Voice Education. Dr. John M. Cooksey

The Institute for Healthy Singing is an institute of The William Baker Choral Foundation

Ten Healthy Habits for Children's Voices

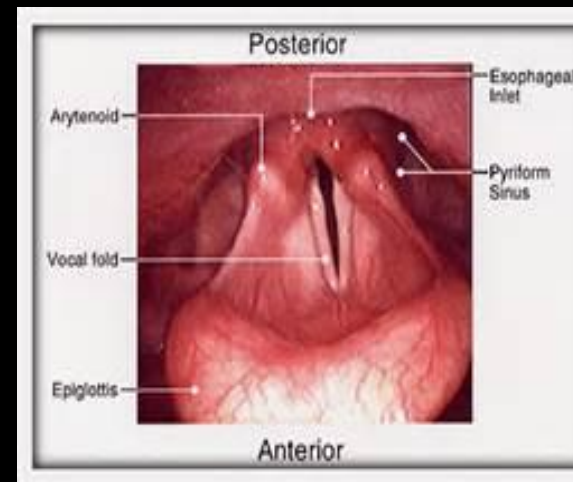
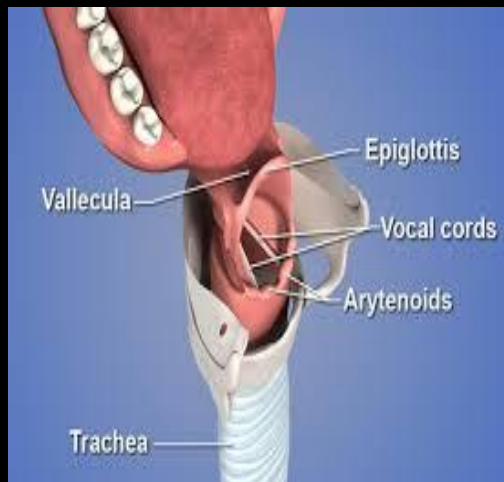
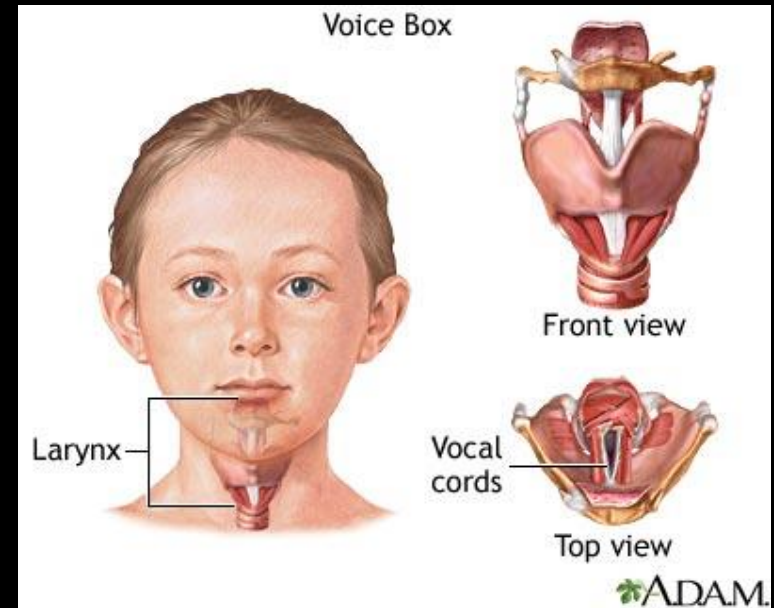
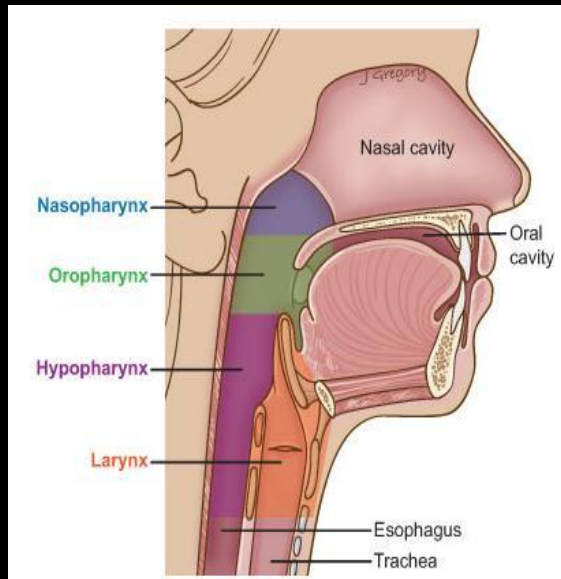


Lombard Effect

Will cause one to increase speaking volume due to increased noise levels in the room. Voices tend to produce a more pressed phonation. [?]

- ❖ **Turn down the volume.** No need for the television or mobile devices to be at high volume. Speak to each other more quietly reducing the need for noisy activities.
- ❖ **Encourage healthy voice habits.** Sipping water throughout the day will keep your child's body hydrated which will in turn hydrate and lubricate the vocal folds. It will also help to keep the larynx in a more neutral place.
- ❖ **Eat healthy.** Many fruits and vegetables contain vast amounts of water which aids in hydration.
- ❖ **Take talking breaks.** Schedule one hour of voice rest each day. This may consist of several shorter periods each day based on your child's age.

The Larynx and Pharynx



The Institute for Healthy Singing is an institute of The William Baker Choral Foundation

The Take Away

- ❖ PRACTICE HEALTHY HABITS with Speaking, Singing and Hearing so you may have a voice for a lifetime.
- ❖ CHOOSE HEALTHY SINGING OPPORTUNITIES
Don't overextend your child's voice. Encourage your child's voice to develop naturally.
- ❖ CONSULT A MEDICAL PROFESSIONAL if your child experiences any ongoing vocal issues.

References

American Academy of Otolaryngology Head Neck Surgery <http://www.entnet.org/content/about-your-voice>

Cooksey, J. M. (1978). The development of a contemporary, eclectic theory for the training and cultivation of the junior high school male changing voice: Part III, developing an integrated approach to the care and training of the junior high male changing voice. *The Choral Journal*, 18(4) 5 – 15.

Duke Voice Care Center. Vocal health information. Retrieved from <http://dukevoicecare.org>

Daugherty, J. (2012). Vocal health handout. University of Kansas. Lawrence, KS.

Daugherty, J. (2015). Graduate vocal pedagogy. Retrieved from <http://cmed.faculty.ku.edu>

Geckle, L. (2011). *Finding Ophelia's Voice, Opening Ophelia's Heart: Nurturing the Adolescent Female Voice*. Heritage Music Press. USA.

Glynn, J. (November 3, 2010). Vocal cords up close while singing. (Video file) Retrieved from <http://youtu.be/-XGds2GAvGQ>
High Heels and Posture: <http://www.care2.com/causes/5-reasons-you-shouldn't-wear-high-heels-and-2-reasons-you-will.htm#ixzz2VxwJoAly>

https://www.google.com/search?q=images+larynx&safe=off&client=firefox-a&hs=s1M&rls=org.mozilla:en-US:official&channel=sb&tbm=isch&tbo=u&source=univ&sa=X&ei=4RqjU8SqHoaqyAThq4LQBg&ved=0CB4QsAQ&biw=1229&bih=581#facrc=_&imgdii=_&imgrc=sBaXUP526BEwIM%253A%3B73p25lruTKeO1M%3Bhttp%253A%252F%252Fwww.nlm.nih.gov%252Fmedlineplus%252Fency%252Fimages%252Fency%252Ffullsize%252F19708.jpg%3Bhttp%253A%252F%252Fwww.nlm.nih.gov%252Fmedlineplus%252Fency%252Fimagepages%252F19708.htm%3B400%3B320

https://www.google.com/search?q=images+high+heels&safe=off&client=firefox-a&hs=Lih&rls=org.mozilla:en-US:official&channel=sb&source=lnms&tbm=isch&sa=X&ei=KRujU7HqJsKdyASZ44DwAg&ved=0CAgQ_AUoAQ&biw=1229&bih=581#facrc=_&imgdii=_&imgrc=0ygWK1EGYYH0hM%253A%3B7AWSL1voClosSM%3Bhttp%253A%252F%252Fcloud.collegefashion.net%252Fwp-content%252Fuploads%252F2008%252F11%252Fanatomy-of-a-high-