

CHILDREN'S SPEECH AND LANGUAGE THERAPY SERVICE

Ways to help your voice

The following strategies can help to protect the voice.

Voice Rest

This should only be for a short period of time for example 10 minutes once a day (depending on circumstances).

An ideal time for voice rest could be when watching T.V or when you are reading a book.

Things not to do:

- Shout or scream
- Loud laughing
- Singing or humming – particularly when trying to sing along with music and trying to sing above the music.
- Raising your voice over background noise – the TV, in the car, over others at dinner time.
- Whispering
- Coughing or clearing your throat – try to sip water rather than coughing.

Things to encourage:

- Use of gesture or mime during voice rest.
- Putting hands up in class to get the attention of others.
- Gaining attention of others by clapping or tapping someone on the shoulder rather than shouting them.
- Walking over to a person rather than shouting across the room or upstairs
- Drinking water! – this will hydrate the vocal folds

Adapted from J Hunt & A Slater (2003) Working with Children's Voice Disorders

For more information visit www.alderhey.nhs.uk or talk to your child's Speech and Language Therapist

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