



Children's Speech & Language Therapy Service

Ways to help your Voice

Information for parents and carers

Advice 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 – e.g. 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 Speech and Language Therapist.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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