

Tips to Keep Your Child's Voice Healthy

- **Take talking breaks or “voice naps”** 30-60 minutes each day.
- **Avoid irritants** like second-hand smoke and aerosol sprays.
- **Teach turn taking** when talking.
- **Turn down the volume** on TV or mobile devices.

- **Be a good role model** by avoiding yelling. Walk to your listener, then talk.



- **Encourage humming noises** to replace motor, animal or superhero sounds that are hard on the voice.

- **Explain inside and outside voices** and when to use them.
- **Spend one-on-one time with your child** so that s/he does not need to compete for your attention.
- **Drink sips of water throughout the day.** Avoid caffeinated soft drinks or coffee.
- **Discourage constant throat clearing.** Instead, use a hard swallow or sip water.