



# Speech-Language Pathology

[www.connecticutchildrens.org](http://www.connecticutchildrens.org)

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## Healthy Voice Habits

Here are some strategies that can be used at home to help promote a healthy voice and improved voice habits.

### 5 Simple Strategies for the home environment

- To encourage your child to use a quieter voice, model a quieter voice yourself. By doing this, the child is more likely to use this as well.
- Avoid interrupting each other at home. Allow everyone to take turns talking and telling stories, emphasizing that everyone has something important to say.
- Be in the same room with your child when talking to him. This will prevent your child from yelling back.
- If you are having trouble hearing your child in a loud place, take him to a quieter environment if possible. Try not to encourage speaking louder to talk over the noise.
- Set aside a quiet time in the evening to rest the voice, such as while reading a book.

### 4 Behaviors your child may do that should be modified.

- Encourage the child to use different sounds that are made with the mouth and lips instead of at the level of the voice as an appropriate substitute while playing.
- Have your child drink water frequently to help keep the vocal cords moist. Moist tissues are less likely to be irritated.
- Avoid hard coughing and throat clearing. Try to encourage your child to use a "hard, dry" swallow instead. Throat clearing and excessive coughing can be very harmful to the vocal folds.
- Remind your child to rest his voice when he has a cold. Respiratory infections tend to irritate the vocal folds excessively and speaking on top of the cold irritates the voice even further.