

Vocal Hygiene Strategies

<p>General Strategies for Healthy Voice Use</p>	<p>Classroom discussion of good vocal habits. Teacher models good vocal habits, such as close proximity to listener. Reduce background noise in classroom.</p>
<p>Problem</p>	<p>Strategy</p>
<p>Yells, screams or cheers loudly</p>	<p>Classroom discussion of good vocal habits. Have student clap, gesture or make hand signals instead of yelling. Use visual aids/poster to remind student to use appropriate voice. Teacher provides cues to remind student to use appropriate voice.</p>
<p>Clears throat and coughs frequently</p>	<p>Have student try to swallow or take sips of cold water instead. Provide hard candy to keep throat moistened.</p>
<p>Talks loudly Trying to talk over noise such as loud music, TV, and outside noises can strain your voice.</p>	<p>Try to reduce the background noise. Have student get close and face the listener when talking in loud places. Instruct student to use “inside voice”.</p>
<p>Makes strange or unusual sounds with voice while playing, such as loud airplanes, trucks, and animal sounds</p>	<p>Encourage student to make non-vocal sounds instead.</p>
<p>Whispers too much. Whispering causes you to push harder, and strain you vocal folds.</p>	<p>Have student use a quiet talking voice instead.</p>
<p>Talks a lot when he/she has a cold, is ill or overtired.</p>	<p>Have student drink plenty of fluids, use a quiet voice, and take voice breaks/vocal rest. Avoid caffeinated drinks.</p>

Adapted from www.capitalhealth.ca. Retrieved 6-23-07