NHS
Ealing Community Partners

Speech and Language Message of the Week

Avoid whispering! This can tire the voice and dry out the protective mucus that coats our vocal folds.

Encourage children to **take turns** to talk so they do not need to shout over one another

Encourage children to **drink lots of water**

Children are recommended to drink between 1-1.5 litres of water per day

Tips to Encourage Children to use a Healthy Voice

Use a **noisometor** to show children how loud or quiet the class is

Make sure adults model appropriate volume

Teach the concepts of noisy and quiet

Reduce background noise i.e. close doors where appropriate so children do not need to shout to be heard

Warning signs of voice difficulties in children:

- Hoarseness / gruffness
- Complains of a "scratchy" throat/sore throat
- Breathy, airy speech
- High/low pitched voice

If you notice any of the above signs in your child, and they persist for 2/3 months, t**alk to your Speech and Language Therapist** – we drop into each children's centre once a term.

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