

## Patient information

# Care for your voice - a guide for children



### How do we produce voice?

We breath in air, to fill our lungs.

When we breathe out, air flows from the lungs up the wind pipe through the voice box (vocal cords) and out through the mouth.

Air travelling through the voice box produces voice.

We make different sounds with our voice by using our tongue, lips, teeth and jaw to shape the sounds.

### To produce a good voice we need:

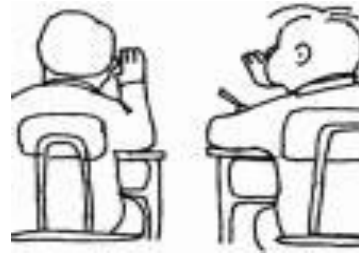
- good breathing
- relaxed body and posture
- healthy voice box

# What is bad for your voice?

Shouting



whispering

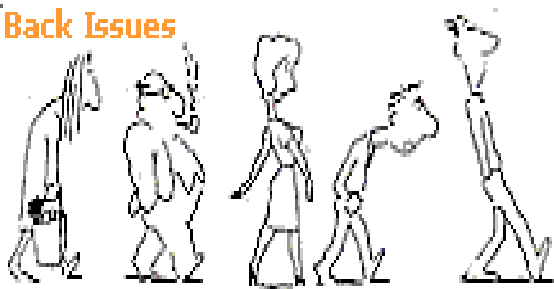


Coughing and throat clearing



Poor posture

Back Issues



tight muscles



Talking a lot or whispering when you have a cold or sore throat



## Copying cartoon voices



Not drinking enough water



## What's good for your voice?

Quiet activity e.g. a puzzle or reading to allow your voice to rest.

Take a breath in before speaking

Yawn, stretch and sigh to relax the muscles in your throat

Relax your body like a puppet on a string!

If the muscles in your body are tight your voice muscles may also be strained.

Use a gentle voice (but don't whisper) - don't shout or force your voice.

Take lots of sips of water

Swallow or sip water instead of coughing or clearing your throat.

Using other ways to gain people's attention can help you to rest your voice. For example:

- Gesture
- Mime
- Clap to gain attention of a friend



Face the person you are talking to



Be close to the person you are talking to

Always remember to look after your voice.