



VOICE THERAPY FOR CHILDREN

The following activities can be used to introduce your child to concepts that are typically used in voice therapy for children to improve voice quality and reduce excess muscle strain and misuse.

These suggestions do not replace the professional support of a Speech Pathologist. It is recommended that you seek additional advice from a Speech Pathologist. You can locate Speech Pathologists and those working in the area of Voice Disorders, by looking online at

www.SpeechPathologyAustralia.org.au (search for voice)

www.lsanz.org.au/speech-pathologist-membership-database



TIPS FOR GOOD VOCAL HYGIENE



cited from : <https://www.therapybuddies.com/single-post/2015/06/30/Tips-for-Good-Vocal-Hygiene>

NOISY ENVIRONMENTS

- Encourage your child to face the person he/she is speaking to.
- Have your child over articulate rather than speak louder.
- Encourage your child to get closer to the person they want to speak to instead of yelling across distances.
- Make sure that background noise is reduced when speaking (e.g. turn off or lower the television/music).

ALTERNATIVES TO YELLING, SCREAMING, AND TALKING TOO LOUD

- Have your child use non-vocal sounds (e.g. clapping, whistling) to gain attention from someone else.
- Have your child use facial expressions (e.g. smiling, frowning) and physical gestures (e.g. waving) to express emotions.
- Encourage your child to always speak at a normal volume, regardless of the environment.
- Encourage your child to speak slowly and clearly.

EXCESSIVE TALKING

- Encourage your child to be a better listener when having conversations with others.
- Encourage your child to take turns speaking with friends and family.
- Have your child take vocal naps throughout the day (i.e. rest voice for 30 minutes, 3-4 times a day).
- Promote periods of quiet time throughout the day and the use of an inside voice when inside.

SELF-MONITORING OF VOICE

- Encourage your child to keep a daily journal documenting vocal use; this will help your child to become more aware of his/her patterns of speech and loudness of voice in a variety of situations.

STAY HYDRATED AND GET ADEQUATE REST

- Make sure your child is drinking enough glasses of water per day!
- Make sure your child is getting the appropriate sleep duration and quality at night.



AN INTRODUCTION TO VOICE EXERCISES

Practising some of these exercises in isolation for 5-10 minutes each day would be a really useful start to making changes in voice production. It is important to note that carryover of techniques into everyday speech can be more complex. Choose a time such as after meals, or when brushing teeth, to add these into your day.



BREATHING EXERCISES

A fundamental skill in using optimal voice is breathing from the tummy! Many children and adults put more pressure on their voice by not using appropriate breath. The power of the voice comes from the tummy! Please see the following videos to get some examples of breathing activities. Your Speech Pathologist will go through these types of exercises and teach your child how to move towards using this in their everyday speaking.

<https://www.youtube.com/watch?v=e-9LPpsBidE>
<https://www.youtube.com/watch?v=zzOoE7yfBw8>

THE MOTORBIKE SOUND (LIP BUZZING)

The aim of this activity is to re-focus your child's voice away from the throat. The lips need to be very relaxed and your child will need to focus on their mouth to have success with this. Once your child is able to achieve this sound and control it over a long breath, it is useful to include pitch changes ('going over the hill') so that vocal flexibility and control is practised.

<https://www.youtube.com/watch?v=PsjUJjrSE7A> (end of video)

'SEMI-OCCLUDED VOCAL TRACT' EXERCISES (STRAW BLOWING)

These are easy, fun exercises for children, and have great effect in reducing vocal strain. Please see the following video for explanation. Your Speech Pathologist will go through these types of exercises and teach your child how to move towards using this in their everyday speaking.

<https://www.youtube.com/watch?v=PsjUJjrSE7A>

MELBOURNE BASED SPEECH PATHOLOGISTS SPECIALIZING IN PAEDIATRIC VOICE

| CLINIC NAME | WEBSITE | LOCATION |
|---------------------------------|---|--------------------|
| Voice Medicine Australia | https://voicemedicineaustralia.com/ | East Melbourne |
| Alessandra Giannini | www.maccsmedicalgroup.com.au | MACCS in Parkville |
| Latrobe University Voice clinic | https://www.latrobe.edu.au/communication-clinic/clinical-programs/voice/general-voice-services | Bundoora |

OLDER CHILDREN AND ADULTS

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|---------------------------------------|--|----------|
| Dailan Evans @ True Voice in Box Hill | www.truevoice.com.au | Bundoora |
| Georgia Magary @ Voice Therapy | www.voicetherapy.com.au | Richmond |