



SUGGESTIONS FOR PARENTS OF YOUNG CHILDREN WITH VOICE PROBLEMS (AGES 3 – 7) What can you and your child do at home?

DO:

- Use an “indoor voice” or “quiet voice”
- Reduce background noise (turn down loud music and loud TVs)
- Find alternate ways of talking when playing with toys
- Use noise makers instead of voice
- Slow down and breathe
- Teach your child to walk closer to other people to talk to tap them on the shoulder to get their attention

DON'T:

- Yell/Scream
- Talk loudly
- Make funny noises
- Talk fast
- Clear your throat abruptly



Vocal Hygiene – More ideas to help your child

- Give them lots of water
- Reduce their caffeine intake (e.g., dark colas, chocolate)
- Don't allow your child to eat 1 hour before bedtime
- Don't allow anyone to smoke in the presence of your child
- Consider other environmental triggers (e.g., animal allergies, dust, wood smoke, chemicals/cleaners)



Remember

- Be a good example. Make it a family rule to use “inside voices”. Develop good listening/talking habits at home. If everyone waits their turn to talk, it will be easier to use “inside voices”.
- When your child is following the “Do’s” and voice hygiene tips – Praise them. Tell them exactly what they are doing right (e.g., wow you are using your indoor voice and I really like it when you do!)