May is Better Hearing & Speech Month
Facts & Tips

vocal hygiene for teachers

As a teacher, your voice is vital.

To take care of your voice, follow these guidelines:

• Avoid yelling
  o Use non-verbal actions to get class attention (clapping, blowing a whistle, turning the lights off and on, raising your hand)
• When speaking, concentrate on good breath support
  o If you run out of air, don’t try to force yourself to speak. Take frequent pauses & breaths
• Keep your neck & jaw as relaxed as possible while you speak
• Avoid clearing your throat too often
  o If you have to, do so gently to avoid vocal cord damage
• Keep your throat moist
  o Stay hydrated by drinking water throughout the day
• Rest your voice, especially when ill or tired
• Limit your intake of caffeinated beverages, reduce or quit smoking, and avoid smoke-filled environments

For information on voice disorders, visit www.asha.org/public/speech/disorders/voice.htm

Brought to you by your friendly Speech-Language Pathologist