

# 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**
  - 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**
  - 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
  - If you have to, do so gently to avoid vocal cord damage
- Keep your throat **moist**
  - 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](http://www.asha.org/public/speech/disorders/voice.htm)

Brought to you by your **friendly** Speech-Language Pathologist