

# Voice

The term 'voice' describes our voice quality. Everyone's voice sounds different. It is really important to look after our voices – after all we only have one!

Some children might need support with their voice. You might notice their voice is husky, or they might sometimes lose their voice. A child might say their throat hurts.

Here are our **five top tips** to help a child look after their voice:

## **1. Give your voice a rest!**

Sometimes we need to give our voice a break. This is just the same as giving another body part a rest if it is sore. This doesn't need to be for long – aim for 10 minutes every couple of hours. You could set a timer, or play a game to see who can be quiet for the longest!

## **2. Avoid shouting**

Shouting can cause damage to our voice box. Sometimes children need a reminder to use a quiet, or an inside voice.

## **3. Avoid whispering**

Whispering can also impact our voices. It can make our voice box tired and dehydrate it. Encourage a moderate volume of voice. Some children benefit from adults modelling what this might sound like.

## **4. Drink lots of water**

It's important to keep our voice hydrated - just like we would the rest of our body. Being well hydrated helps all of our body parts involved in making our voice work in the best way they can. Fizzy drinks can contain caffeine which can dehydrate our voices. Fruit juices can be acidic which can irritate our voices. It's best to stick to water where possible.

## **5. Get enough sleep**

Feeling tired and fatigued can impact how our voice works. Children might need between 9 and 12 hours sleep depending on their age.



You can check out our video talking about our five top tips to help voice.  
Scan the QR code.