

# Advice sheet

## Voice Quality

Our vocal folds (cords) are found in our larynx (voice box) in our neck. They vibrate and make a buzzing noise to make voice. We use them every day and they work very hard, so it is important that we look after them.

### Everyday Strategies

#### Keep the vocal folds healthy:

- Drink plenty of water throughout the day to help rehydrate the vocal cords.
- Don't spend too long in dry or smoky rooms. Open a window or put a bowl of water near a radiator to keep the air slightly moist.
- If an inhaler is used for Asthma: use a spacer and have a drink afterwards.
- Limit the number of lollies/sweets, especially cough sweets, that your child eats. These can have a very drying effect on the vocal cords.
- If their voice gets tired or aches, encourage them to breathe some steam from hot water in a bowl or hot bath (not too hot!!).
- Take a break, have some quiet time.
- Spend some time each day practising quiet voices (e.g. at dinner time or while discussing a book).



#### Things to avoid:

- Coughing and throat-clearing.
- Whispering.
- Shouting; encourage your child to go to the person they wish to speak to instead of shouting to them from a distance.
- Too much singing or humming.