

Top Tips for Voice Care



Voice Care Network UK
Registered Charity number 1087751

www.voicecare.org.uk
info@voicecare.org.uk
01926 864000

Avoid

Yelling, screaming, shouting forcefully – for whatever reason!!

'Pushing' your voice

Talking in noisy places – e.g. pub!

Talking too much if your voice feels strained/hoarse/you have a cold

Using a forced whisper

Speaking on insufficient breath

Singing when your voice is vulnerable

Habitual throat clearing (some of us do this as a mannerism before speech!)

Irritants

Smoking

Excess alcohol

Smoke/dust and fumes

Acid Reflux

Medicated lozenges (very drying)

Instead

Devise other ways of attracting attention e.g. handclapping, blowing a whistle signalling, etc

Speak face to face

Reduce distance between yourself and others

Use a softer tone

Use sound amplification if available

Reduce noise (turn off TV or radio, move to a quieter place)

REST your voice whenever possible to avoid damage. A short time off work for voice recovery is better than long absence, which is expensive for school!!

This strains the larynx more than talking and can lead to longer term voice problems

Use a gentle confidential tone

Use breath to power the voice rather than tensing the larynx

Only sing if it feels comfortable

This can irritate the membranes covering the vocal folds, sip water or swallow instead

If you have cough producing phlegm, **try a gentle huff instead!**

Death to vocal quality! Do you want to stop smoking? Seek help from your GP. Beware recreational drugs as they can damage the voice in additional ways through heat, irritation of the linings of the nose and throat, and by limiting the breath

Drink plenty of water to avoid becoming dehydrated

Improve ventilation

Use alternatives to sprays (e.g. deodorants, household cleaners)

If you are commonly suffering from this (stomach acid coming back up the food pipe and irritating the throat)

Check your diet. Eat at least 2 hours before going to bed. See the GP. Treatment is available

Drink plenty of water, suck fruit pastilles, inhale plain steam to moisten the back of the throat and soothe

For more information, please visit our [publications page](#).