



Chatterboks Speech Therapy, P.C.

Voice Treatment Home Program

1. VOCAL REST = NO TALKING TIME

1. This is the best way to let your child's vocal folds heal. Positive reinforcement for not talking for several periods out of the day is very important. Try for 20 minutes or more for 2 to 3 times a day. Your child can learn that their voice needs a nap too!

2. Ideas for Talking Time Outs:

1. TV or computer time
2. Book reading
3. In the car (this can be a whole family activity)
4. Craft time or School time (coloring or other table activities that can be done silently)

3. Quiet Time Tokens!!

1. Making a token system to reinforce his/her vocal rest time can be very effective. If your child completes a set period of time without talking he/she earns a token. These can be saved up for a treat/toy/other motivating item.

2. VOCAL FOLDS NEED WATER TOO!

1. Our vocal folds function best when they are well hydrated, it allows them to move easier. Please encourage your child to drink water throughout the day (of course less before bed!).

3. USE A CALM, QUIET CONVERSATIONAL VOICE – NO YELLING REQUIRED

1. Learning to respond to your child only when they are using a moderate volume level and not straining to get your attention will show him/her that yelling is not necessary to get the attention they want. This can be challenging when there are siblings to compete with, but it's a great habit for all children to get into to use their best voice possible.

4. USING EASY START SOUNDS

1. This is a technique that will develop as your child learns how to start words and sentences with less force on their vocal folds. You will learn to listen for the difference between a hard start and an easy start so that you can praise them when they use their easy start sounds.

Check with your therapist for any questions you may have!

Sources:

1. An Eclectic Approach to Preschool Voice Therapy. Jason Mosheim. Advance Magazine, December 13, 2010.
2. Using Your Best Voice: Production Activities for Children. Moya Andrews. Pro-Ed. 1993.