

Vocal Hygiene for Teachers

Save your Teaching Voice!

Did you know??

According to the American Speech Language Hearing Association

Occupational groups that appear to be most at risk for developing a voice disorder include teachers, manufacturing/factory workers, salespersons, and singers (Cohen et al., 2012; Fritzell, 1996; Miller & Verdolini, 1995; Thibeault, Merrill, Roy, Gray & Smith, 2004; Williams, 2003).

- The estimated prevalence of reporting a current voice problem was higher in teachers (11.0%) than in nonteachers (6.2%; Roy et al., 2004).

Prevention Measures:

- ✓ HYDRATE!! Be sure to drink water throughout the day. Caffeine actually dries you out, so those drinks don't count ☹️ Hydrated vocal folds move more smoothly and you won't have to try as hard to talk.
- ✓ Refrain from yelling. This is difficult but yelling is actually considered vocal abuse. Instead, use another means to get students attention (e.g. whistle, hand clapping, buzzer). If you are required to yell (i.e. cafeteria, recess) use amplification. Goal=voice conservation.
- ✓ Conserve your voice when sick. If you are under the weather modify your lessons so that you are using your voice as little as possible. Pushing through when you feel vocally fatigued can lead to voice difficulties beyond the illness.

When to seek voice help:

- ✓ Hoarseness that won't go away
- ✓ Pain with voicing
- ✓ Chronic fatigue when voicing

What to do:

- ✓ Schedule an examination with an ENT. It is preferable to seek out a laryngologist (voice specialist) if there is one in your area.