



Sri Devaraj Urs Academy of Higher Education and Research  
Tumakuru, Kolar



Department of Speech Pathology and Audiology

## VITAL TIPS FOR TEACHER'S VOICE CARE

### Your voice is your professional tool



Ask students to read out for you  
Avoid talking in noisy situation  
Vocal naps of 5-10 minutes should be taken every hour

### Avoid screaming



Use microphone or amplification device  
Use gestures to get the attention of students

### Take care of your voice

Rest your voice when ill or tired  
Use board markers instead of chalks  
Avoid clearing your throat often  
Avoid dust and dusty areas  
Avoid smoking and smoke filled environment



### Stay hydrated



Sip water at regular intervals

