Breathing for Talking

Before You Start…

✓ Make sure the child is sitting up straight in a supportive chair.
✓ If the child’s voice gets ‘bubbly’ ask them to swallow the saliva away.
✓ Place a mirror in front of the child so they can clearly see themselves and you.

Breathing

• Encourage the child to breathe from their diaphragm, not from their shoulders/upper chest.
• Now talk your child through the following movements -
  • Put both hands on your tummy
  • Breathe in deeply through your nose and feel your tummy move against your hands
  • Breathe out through your mouth – feel your tummy move again.

Repeat 5 times

Breathing and Voicing

Now try breathing properly and making sounds. Choose one activity:

• Take a deep breath and say ‘ah’ for as long as possible
• Take a deep breath and say ‘ah’ starting quietly and getting gradually louder
• Take a deep breath and say ‘ah’ starting loudly and getting gradually quieter