

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