

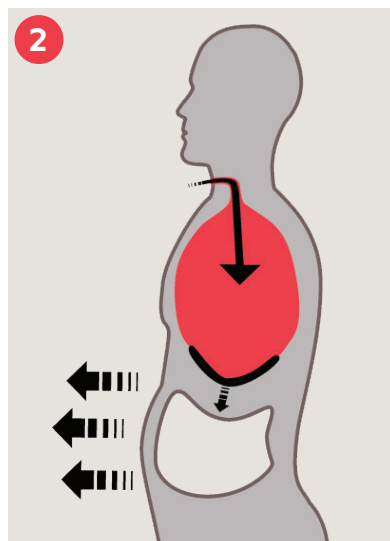
Maximize your breath support for speech for a more natural and relaxed voice by using your diaphragm instead of your chest muscles.

Practice abdominal breathing

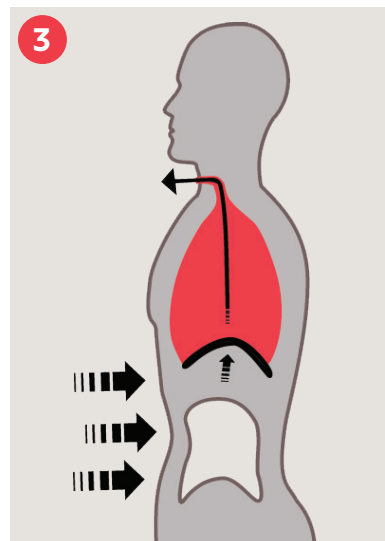
- ▶ **FIND** a comfortable position sitting in a chair or standing.
- ▶ **RELAX** your neck and shoulder area.



- ▶ **HOLD** one hand on your lower belly and keep the other hand ready at your stoma.



- ▶ **BREATHE IN** and notice your abdomen moving out a little bit.



- ▶ **BREATHE OUT** for a few seconds and the hand on your belly should slowly move inwards.

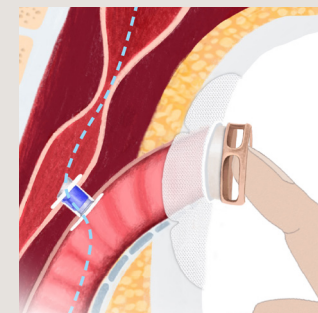
- ▶ **PRACTICE** breathing in and out this way **5** times.

- ▶ **NOTICE** how your stomach muscles contract and then expand when using abdominal breath support. Abdominal breath support is necessary for optimal voicing and speech.



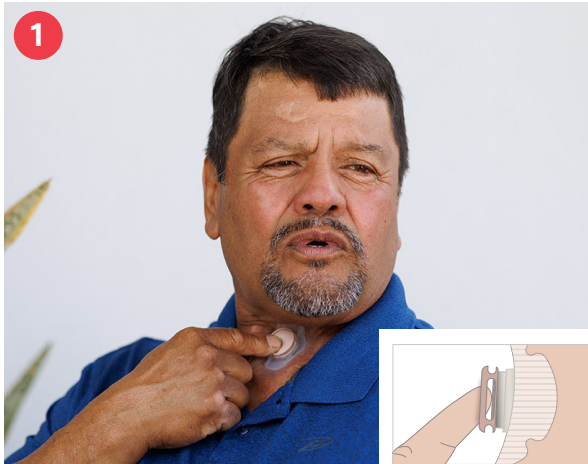
Improve tracheoesophageal (TE) voicing using abdominal breath support

By occluding the stoma, air is forced up through the voice prosthesis using lung-powered air for voicing.



Practice Abdominal Breathing with Voicing

- ▶ **HOLD** one hand on your lower belly and keep the other hand ready at the stoma.
- ▶ **BREATHE IN** slowly and notice your abdomen moving in and out.



- ▶ **OCCLUDE** your stoma for voicing.
- ▶ **SAY** the 'ahhh' sound and keep it going for a few seconds while using your abdominal breath support. Notice your stomach muscles move inward as you say this sound.

- ▶ **PRACTICE** voicing using abdominal breath support until the pattern is easy and eventually becomes more automatic.



- ▶ **REMOVE** your finger from your stoma.
- ▶ **RELAX** your stomach muscles as you inhale through your stoma. This will cause your stomach to expand outwards, like blowing up a balloon as your lungs fill with air. Be sure to keep your chest and shoulders relaxed and not active.

Practice Sounds and Short Sentences

Try to control the air filling your lungs (expanding) with inhalation and contracting with exhalation.

- ▶ **PRACTICE** sounds and serial speech.

"Ahhh"

"Ohhh"

"Eeee"

- Count from 1-5 (or higher) on one breath
- Say the days of the week
- Say the months of the year

- ▶ **PRACTICE** single words then short phrases and sentences.

"Hello."

"How are you?"

"Hi there."

"How is that?"

"How are they?"

- ▶ **SAY** these sentences. Take a breath at the natural pause in the sentence, as shown by the slash mark.

"Please put the papers /
by the black book."

"Say something nice /
to Suzie on Sunday."

"Can you go get /
the garbage cans."