

## Voice Problems can be prevented.

### The Voice Care for Teachers DVD provides you with the information you need to look after your voice.

Teaching is a vocally demanding profession. Few teachers receive any advice on how to look after their voices. Research throughout the world has concluded that school teachers are three times more likely than the general population to develop voice problems, with up to 20% of teachers experiencing voice problems each year.

The Voice Care for Teachers DVD has been designed to provide you with the information you need to look after your voice and help you to prevent voice problems. It has been written and produced by speech pathologists: Dr. Alison Russell (Adelaide), Cecilia Pemberton (Sydney) and Dr. Jenni Oates (Melbourne) who have all worked extensively with teachers with voice problems.

The main section of the DVD runs for 15 minutes so it can easily be shown at a staff meeting or as part of a professional development seminar. This section includes information about how the voice works and uses simple explanations and dynamic illustrations of the anatomy and physiology of voice production. It also details the many factors impacting on the voice including how you can misuse your voice, health, smoking, stress, as well as the signs and symptoms of voice problems and how to avoid them.

There are many additional features on the DVD. These are clearly outlined in the menu. The additional features section includes simple voice care techniques that will help maintain a healthy voice, useful tips from teachers about managing noise, information about amplification and classroom acoustics, as well as teachers sharing their tips for managing voice problems. There is also information on how to seek help and a detailed look at the anatomy and physiology of the voice and what can go wrong.

The Voice Care for Teachers booklet, including a summary of the information covered in the main section of the DVD as well as simple voice exercises, can be downloaded and printed from the DVD. A Voice Care for Teachers poster, reminding teachers of the key voice care strategies, is also available.

**Retail Price:** **DVD \$165**  
(including GST)

**Poster \$15**  
(including GST)





## Order Form

### Voice Care for Teachers

Quantity	Product	Cost per unit (inc GST)	Total Cost (inc GST)
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