

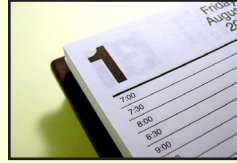
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## Water is Worth It!

8 to 10 cups a day will help keep your throat hydrated and vocal cords lubricated.

## It's a Date!

Schedule regular checkups and treat ear infections immediately. Untreated infections may lead to hearing loss.



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## Sensible Swallowing

Slowing down, sitting up straight, and sipping liquids between bites can all help with swallowing difficulties at meal time.



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## Keep it Quiet!

Yelling causes too much stress on the vocal cords and can cause damage leading to voice loss.

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# 10 tips for better SPEECH & HEARING



## Decibel Danger

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Firecracker - 150 dB  
Nightclubs - 120 dB  
Rock Concert - 125 dB  
Ambulance Siren - 120 dB  
Know what hurts.  
Normal talking is only 60 dB



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## Tot Talk

Ask your toddler open-ended questions to encourage healthy speech development.



## Read With Me!

Talking, reading and playing with your child daily will promote healthy speech.

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## Have a Hard Head!



Prevent language disorders caused by brain injury. Always wear a helmet when biking, skateboarding or taking part in other sports.

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## Wear a Pair!

Use ear protection such as plugs or muffs when exposed to sounds over 85 db. If you can't hear a person talking one metre (three feet) away over the sound, it is too loud.



## Tone it Down!



Use the 60-60 rule. When listening to headphones, keep the volume at 60 per cent of the maximum level for no more than 60 minutes a day.

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Learn more or find a professional  
@ [www.speechandhearing.ca](http://www.speechandhearing.ca)

