

## Buckle Up!

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Always wear a seat belt to prevent an accident that can result in brain injury.



## Swab Smart!

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Swab the outside of the ear only. See a physician if you think earwax is an issue.

## Leave the pack behind

Smoking irritates and dries the tissues of the throat.



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## Mimicking Minds

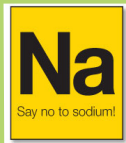
Children learn sound and words by hearing and seeing them. Play with and read to your baby every day.

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# 10 tips For Better SPEECH & HEARING

## Say No To Sodium!

Lowering your daily sodium intake will help prevent your chance of having a stroke.



3

## A little R & R



Give your ears & voice a rest and seek out a quiet place. Read a book, do a crossword puzzle, and enjoy the silence.

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Speak well  
Hear well  
Live well

May is Speech and Hearing Month

## Take a breath



Practice good breathing techniques when singing or talking. Breathe deeply from your diaphragm.

6

## Avoid the Noise!

Avoid loud noises. If you can't, wear ear protection when at a concert or using noisy equipment.



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## Healthy Habits



By preventing viruses, like the cold and flu, you will protect your throat and vocal cords.

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## Proactive People



Detecting hearing problems early is important. You can take steps to prevent or reverse the damage.

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

