

Maximize Your Breath Support for Speech

What is abdominal breathing?

- Breathing from your abdomen by using your diaphragm (which is underneath your lungs) instead of using your chest muscles.
- Moves more air into and out of the lungs.

Why is Abdominal Breathing Important?

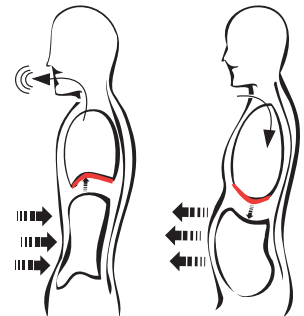
- Talking is often easier.
- The voice is more natural and relaxed.

Tip: Relax your neck and shoulder area. Lift your shoulders up high and then drop and relax them.



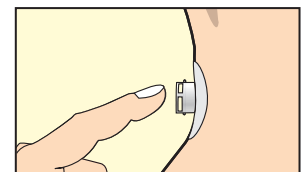
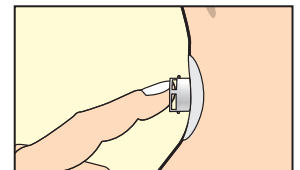
Practice Abdominal Breathing

1. Sit comfortably upright in a chair.
2. Relax.
3. Hold one hand on your lower belly and keep the other hand ready at the stoma.
4. Breathe in and notice your abdomen moving out a little bit.
5. Breathe out for a few seconds and the hand on your belly should slowly move inwards. Notice how your stomach muscles contract.
6. Practice breathing in and out this way 5 times.



Practice Abdominal Breathing with Voicing

1. Hold one hand on your lower belly and keep the other hand ready at the stoma.
2. Breathe in and notice your abdomen moving out a little bit.
3. Occlude your stoma with your finger or thumb.
4. Say, "Haaaaaaaay" for a few seconds and use the hand on your belly to make sure that you squeeze your stomach muscles so that your belly slowly moves inwards while you are producing this sound.
5. Remove your finger from your stoma.
6. Now relax your stomach muscles. This will cause your belly to move outwards which will draw air into your lungs through your stoma. Your chest should not move and your shoulders should remain relaxed.
7. Your lungs are now full with air again and you are ready to say the "Haaay" again. Repeat each "Haaay" 5 times.



CareTips

Topic 18: Abdominal Breathing

8. Practice with the following sounds first. Try to start sound production gently and not too abruptly.



9. Now practice with these short sentences.

