

Tips specifically for singers!

1. Warm up and cool down your voice
2. Learn to use your speaking voice in a healthy way (breath support, higher voice, amplify your voice)
3. Know your vocal limits (pitch, volume and endurance)
4. Rest your voice before and after a big singing day
5. Plan your voice use and pace your voice
6. Stop singing if your voice is tired or sore
7. Try not to “spend” your voice on learning music (hum, listen, bubble etc)
8. Avoid dairy, chocolate and acidic things before singing
9. Avoid ice-cold drinks while singing, room temp is better
10. Try to imitate good vocal production only (ie when singing along with radio)