

Patient name: _____

Strategies for clearer Speech

Top tips to help to make your speech clearer:



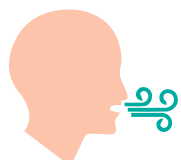
Make sure you are **face-to-face** with the person you are **talking to**.



Slow down the speed of your speech.



Use a **loud** voice.



Take regular **breaths** to give your speech more strength.



Pause slightly between words to stop words running into each other.



Exaggerate the sounds and **emphasise** the movements of your tongue and lips.

Make sure you are sat **upright** with your **head, neck and back** supported.

Make sure there is as **little background** noise as possible.



If you wear **dentures**, make sure they **fit well**.



If **you** or the **listener** needs **glasses/hearing aids**, make sure they are **wearing them**.



Break down longer words, e.g. **ma-ga-zine**.

Say the **end** and **beginning** of words very carefully to stop them from running into each other

Don't panic! If you get stuck or can't think of what you are trying to say, take a deep breath and start again



Use **gesture**, **pointing**, and **body language** to help get your message across

Plan what you want to say



Watch your listener to see if they understand. Encourage them to tell you if they haven't understood.

Practice problem words and phrases.

If you have any questions or concerns, please call **0300 019 8052**.

Your speech and language therapist is:

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