

My name is **Isabella**...
but sometimes people call me

Decibella,

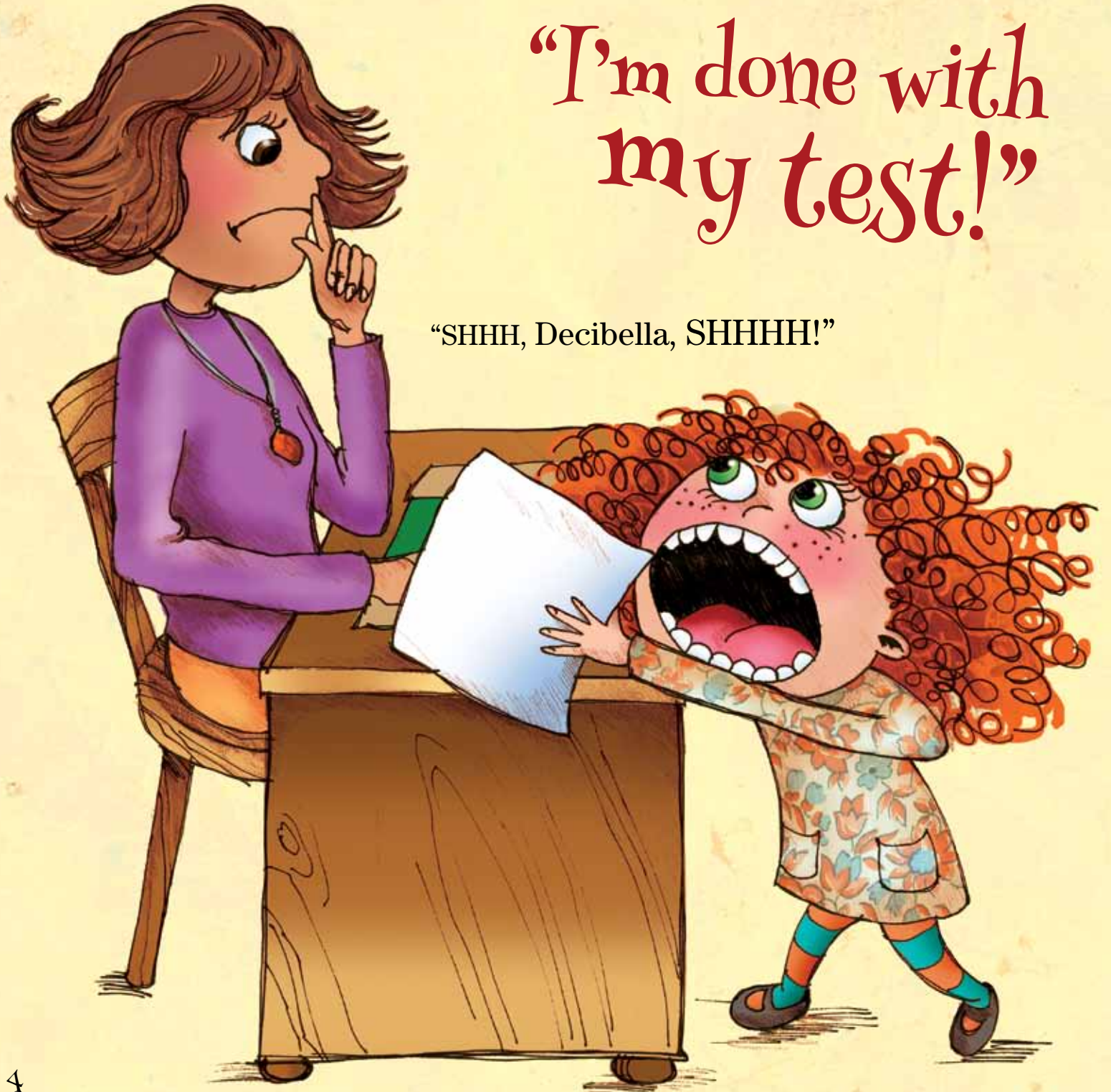
and I have

no idea why.

I like the name Isabella much better.

*“I’m done with
my test!”*

“SHHH, Decibella, SHHHH!”



A-C

“Do you have any books
about Squirrel
monkeys?”

“SHHH, Decibella,
SHHHH!”





Today, my teacher asked me to stay in for recess so we could have a little chat.

“Isabella, I’m proud of you for doing so well on your social studies test. And your book report on squirrel monkeys was one of the very best!”

“But today we need to talk about how to make a better choice. Sometimes you talk way too loud, and you need to lower your voice.”

“It’s important that you speak loud enough for those who need to hear. But you don’t want to speak so loud that people cover their ears.”

“It kinda bugs others when your voice is

way too loud.

Sometimes you need to

talk softer,

and I can show you how.”





“Most of the time when we are working in the classroom, you need to use your **6-inch Voice**.”

“What’s that?”

“Your **6-inch Voice** is halfway between your **Whisper Voice** and your **Table-Talk Voice**.”

“My what?”

“Isabella, you have **Five Voice Volumes**, and you get to decide which one works best for you and others when you’re trying to get things done.”

“There’s **Whisper**, **6-inch**, **Table-Talk**, **Strong Speaker**, and **Outside**. Let’s use the word **‘SLURPADOODLE’** and give each of them a try.”

“Slurpawhatta?”

“SLURPADOO”





Tips for Parents and Educators

Some kids seem to have only two volumes: **LOUD** and **LOUDER**. Parents and educators are in charge of teaching kids proper voice volume, but there are some things that must be understood in order to make that teaching as effective as possible. If a child speaks too loudly, it is important to identify the reasons why:

- ▶ Children who suffer from hearing impairments often speak louder in order to hear themselves. It is important to consult a physician in order to rule this out and/or seek treatment.
- ▶ Some kids who feel ignored when speaking will increase their voice volume to get attention.
- ▶ Some kids need to be the center of attention, so they talk loudly.
- ▶ Some kids become louder when they are tired or hungry, or when other physical needs are not being met.
- ▶ Some kids are just naturally loud.

Whatever the reason, it is important to remember that each child is unique and may require individual attention when teaching proper voice volume. Here are a few strategies that can help:

- 1 Teach and model the five voice volumes** (Whisper, 6-inch, Table-Talk, Strong Speaker, and Outside) and practice each level at appropriate places, such as in the yard, at the library, in the lunchroom, and in the car.
- 2 Offer small rewards** when kids use the right voice volume at the right time.
- 3 When a child is speaking loudly for attention,** show that you hear what is being said by establishing eye contact and quietly restating the words back to her without getting angry.

4 Whisper. Whispering will get kids' attention because it makes them curious. Kids always want to know if there's a secret. Whispering will get a child's attention much more effectively than yelling.

5 If a child often tries to be the center of attention by speaking loudly, he may have strong character and leadership abilities that need to be channeled and developed as strengths.

6 Prepare ahead of time. Kids will often get louder when they are bored. If you are planning to take a long car ride, go to the library, or dine at a restaurant, take along a few activities, games, or snacks.

7 Use a voice meter. Kids sometimes have to see how loud they are in order to hear how loud they are.

8 Offer outlets where kids can be loud. Make sure you give kids the opportunity to be as loud as they want and need to be at times throughout the day. Kids are full of energy, and they need to be able to release that energy. Teaching kids to do this at the right times and places requires that you provide those times and places.

9 Promote proper nutrition and use calming bedtime routines.

10 Remember, all children are unique and some kids are naturally louder than others. What works for one child may not work for every child, so be willing to try different strategies.

11 It is important to remember that using appropriate voice volume is a learned behavior. The most effective way to teach proper voice volume is to model it effectively and consistently.

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