

1

Water is Worth It!

h'c%\$'ci bWg'U'XUmik]'`Y'd
_YYd'mci f'h\fcU'h\nxfUhYX'
UbX'j cW'V'fXg'i Vf]VhYX"

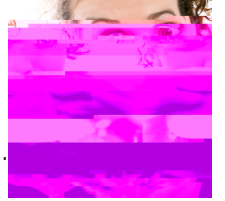
UbX'hfYUh'YUf']bZYVh]cbg'
]a a YX]UhY'm'i bhfYUhYX'
]bZYVh]cbg'
a Um'YUX'hc'
\YUf]b['cgg"



5

Sensible Swallowing

G'ck]b['Xck bž
g]hh]b['i d'
ghfU] [\hž UbX'
g]dd]b['ei]Xg'
VYhk YYb'V]hYg'
Wb'U'`Y'd'
k]h\ 'gk U'ck]b['X]ZUW'h]Yg'
Uh'a YU'h]a Y"



7

Keep it Quiet!

M'`]b['Wl gYg'hcc'a i W'
ghfYgg'cb'h\Y'j cW'V'fXg'
UbX'Wb'Wl gY'XLa U[Y'
'YUX]b['hc'j c]W'`cgg"

2

Decibel Danger

8

:]fYWU_Yf!' %&\$'X6
B][\hW Vg!' %&\$'X6
FcW_7cbWfh!' %&)'X6
5a Vi `UbW'G]fYb!' %&\$'X6
?bck 'k \Ue \hfh'
Bcfa U'hU_]b['
]g'cb`m* '\$'X6



3

Tot Talk

5g_'nci f'hcXX`Yf'
cdYb! YbXYX'ei Ygh]cbg'hc
YbVzi fU[Y`YU'h\mgdYYW'
XYj Y`cda Ybh"



6

Wear a Pair!

I gY'YUf'dfchYVh]cb'gi W'
Ug'd'i [g'cf'a i ZZg'k\Yb'
Yl dcgYX'hc'gci bXg'cj Yf'
,) 'XV'"=Z'nci 'Wb]h\YUf'U'
dYfgcb'hU_]b['cbY'a YhfY'
fh\ fYY'ZYYh'k
Uk Umicj Yf'h\Y'
gci bXž'h]g'
hcc`ci X"



Read With Me!



HU_]b[ž
fYUX]b['UbX'
d'Urh]b['k]h\ 'nci f'W'X'XU]m'
k]`dfca chY`YU'h\m'
gdYYW'"

9



Have a Hard Head!



DfYj Ybh'
'Ub[i U[Y'X]gcfXYfg'Wl gYX'
VmVfU]b]b'f' f'm'5`k Ung'
k YUf'U'`Y'a Yh'k\Yb'V_]b[ž
g_UhYVcUfX]b['cf'hU_]b['
dUf'h]b'ch\Yf'gdcf'hg"

4

10

@YUf'b'a cfY'cf'ÚbX'U'df cZYgg]cbU

4 www.speechandhearing.ca

