

Dots Singing — New Student Information

Singing lessons work best when teacher and student work as a team. This guide will help you get the most from your lessons and protect your voice between sessions.

Before Your Lesson

Please try to arrive with a fresh voice and a relaxed body.

- Try not to eat a heavy meal within an hour before your lesson. A full stomach can affect comfort, breathing, and sometimes reflux.
- Don't warm up before you arrive unless I have asked you to. We will do that together.
- Avoid hard exercise right before your lesson, such as gym, running, or intense cardio.
- Avoid shouting, screaming, cheering at sport, or talking loudly in noisy places before your lesson.
- What you do the night before matters too. Alcohol, late nights, loud venues, concerts, pubs, or clubs can affect your voice the next day.
- Bring water and sip during the lesson.
- Come prepared with one or more songs you would like to work on.
- Write down any questions or goals before your lesson so we can use the time well.
- For in-person lessons, leave enough time so you do not rush. For online lessons, test your audio and log in a few minutes early.

Hydration

Your vocal folds need water to work well. Even mild dehydration can make your voice feel dry, husky, breathy, or harder to control.

- Hydration happens across the whole day. Drinking water five minutes before singing will not instantly hydrate your vocal folds.
- Sip water often throughout the day.
- Alcohol, caffeine, and some medications can dry out the voice.

Practice

Progress happens between lessons, not during them. Lessons show you what to do. Practice is what helps you improve.

- Aim to practise regularly. Even 5 to 20 minutes a day helps. Twice a day is even better.
- Regular practice works better than long practice once in a while.
- Short, focused practice is better than tired practice.
- After your lesson, review your recording and practise the exercises we worked on.
- You can also use the exercise playlist Dot has created for you.

Medications & Voice

Some medications can affect the voice. They may cause dryness, reflux, mucus, tiredness, or tension. Common examples include antihistamines, antidepressants, decongestants, ADHD medications, and some asthma medications.

- If your voice often feels dry, husky, breathy, or harder to use, medication may be a factor.
- Please let me know if anything changes.

If You're Sick

Please do not come to your lesson if you are unwell. Contact me and we will reschedule.

This includes:

- cold
- flu
- laryngitis
- heavy cough
- chest infection
- sudden voice loss

Singing while sick can make things worse.

Things to Remember

More effort is usually not the answer

If something is not working, pushing harder usually makes it worse. We want better coordination, not more force.

Progress is not always smooth

Some days will feel easy. Some will not. That does not mean you are going backwards. Progress in singing is rarely a straight line. Try not to compare your voice to anyone else.

Sleep matters

A tired body often means a tired voice. Lack of sleep affects breathing, focus, coordination, and recovery.

Ask questions

If something I say does not make sense, ask. Questions are always welcome.