

## Voice Problems

A child with voice problems may:

- Have a hoarse or husky voice
- Have no voice or a voice that "comes and goes"
- Struggle to raise their voice or sing
- Constantly clear their throat and/or cough
- Have a sore or dry throat

## How to Help

### Don't

- Talk for the first few days after a voice related operation
- Talk over background noise
- Talk excessively for long periods of time
- Make strange noises with your voice
- Laugh excessively
- Use a loud voice or shout
- Speak quickly
- Use the telephone (this can place more stress on the voice)
- Talk to large groups of people
- Use vigorous throat clearing
- Sing

### Do

- Keep hydrated, drink plenty of water
- Use a smooth steady voice, avoid starting speech with in a harsh manner
- Keep shoulders and body relaxed when talking, but remain in an upright position with your head facing forward
- Keep environmental noise to a minimum
- Avoid smoky and dusty areas
- Make sure you get sufficient sleep at night
- Breathe deeply from the abdomen when talking
- Try to breath through your nose in cold weather

If these guidelines prove unable to remediate a voice problem then please contact your speech and language therapist.