

Voice Care Advice

Voice difficulties can occur for a range of reasons, however below are some simple strategies to help children with voice difficulties, as well as to prevent them. Symptoms of voice difficulties can include husky, forced, rough sounding voices and periods where the voice disappears completely.

Try and encourage your child to rest their voice for periods throughout the day. Activities such as reading books, drawing and sleeping lions can be good quiet activities.

Try to avoid drinks and locations that can dry the vocal cords. For example, smoky atmospheres and drinks that contain caffeine.

Reduce background noise as much as possible, particularly when your child is talking. Try turning your t.v down, turning the radio down in the car and keeping classrooms as quiet as possible so that your child doesn't have to raise their voice.

Talk to your child about the difference between 'loud' and 'quiet' voices and encourage them to use their quiet voice as much as possible.



Sometimes children can be in a hurry to get their sentences out, which can mean that they run out of breath. This can cause the vocal cords to strain so always remind them to take a breath!

Ensure that your child drinks water throughout the day. Try and encourage them to take small sips, rather than big gulps to keep their vocal cords hydrated.

If your child has a sore throat or cold ensure that they rest their voices. Even if they have taken lozenges or medication it is important to ensure that the vocal cords are rested to give them time to recover.

