

Does my child have a voice problem?

The most common problem is usually described as hoarseness.

Hoarseness can develop for many reasons. Many voice problems in children are related to infections and will usually resolve within two weeks. Sometimes children can almost completely lose their voice, typically after a lot of shouting. Hoarseness in children is common, but if your child is persistently hoarse, talk to your GP if he might need a referral to an Ear, Nose and Throat (ENT) Consultant.

There are things you can do to help your child:

- Encourage quiet talking (but not whispering) and try to have a quiet time for all the family throughout the day.
- Try to ensure your child does not shout too often.
- Make sure there isn't too much background noise – turn TV down or off.
- Encourage your child to drink plenty of water.
- Make sure you pay attention to your child when she is talking, so that she does not have to raise her voice.
- Keep your child away from irritants, such as smoke.

For further information please contact your local Speech and Language Therapy Department.