

Advice for children with voice problems

Information and advice for children and young people

Speech and Language Therapy

How can I help my voice problems improve?

To help improve your voice problems you should:

- Drink plenty of water and squash
- Speak less
- Speak slowly
- Sit and stand up straight
- Turn the TV down so you don't need to speak loudly over it
- Have quiet time in the day
- Chew gum
- Avoid smoky atmospheres

Be aware of straining your voice and try to reduce the following:

- Shouting/raising your voice:
 - at home from room to room or upstairs/downstairs
 - in the playground
 - when playing sport
 - to speak over loud music or loud TV
- Singing
- Getting angry, frustrated or losing your temper

A speech and language therapist can give you more advice about how to improve your voice problems.

You will be sent an appointment to see a speech and language therapist at one of your local clinics.

Your Speech and Language Therapy appointment

During your appointment the speech and language therapist will explain to you how your voice works, will give you exercises to do and more advice to help you look after it to get the best voice possible.

The speech and language therapist will see you a few times and may come to see you at school.

When your appointments with the speech and language therapist have finished you may be seen again in the ENT clinic so that your larynx (voice box) can be checked.

It may be helpful to keep a diary of when your voice is good and when it is bad to take to your first speech and language therapy appointment.

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Contact details

If you have any questions or concerns please contact the Speech and Language Therapy Department on:

0121 507 4475

Monday – Friday, 8.30am - 4.30pm

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

- Harris et al, 'Voice clinic handbook', 1998
- Green and Mathieson, 'The voice and its disorders', June 2001
- The Royal College of Speech and Language Therapists, Clinical guidelines, 2005

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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