

## Helping Your Child's Voice

### Tips for Parents

If your child is having some voice difficulties, eg ongoing hoarse voice, try the following ideas:

- ★ Encourage your child to speak quietly and try to reduce background noise, eg television



- ★ Encourage your child to sip water often during the day to keep their throat moist
- ★ Encourage your child to have quiet times
- ★ Try to reduce the amount of shouting behaviour

- ★ Encourage good turn-taking during conversations at home so that your child doesn't have to speak loudly over other family members.

If your child's voice difficulty persists, please discuss with your GP and ask for a referral to the ENT Department. This is required before making a referral to the Speech and Language Therapy Service.