



Taking Care of Your Child's Voice

Children love to explore their voices – by cheering, yelling, laughing, and making silly noises. Sometimes prolonged loud or silly voices can cause weak, strained, or hoarse voices down the road. Here are some tips to help improve your child's voice and keep it healthy in the future:

Stay Hydrated!

Water helps different parts of the body work properly, including the voice box. Ensure your child is drinking enough water throughout the day. Limit caffeine (ie. Dark-coloured pop drinks, chocolate) as too much can lead to dehydration.

Take Breaks!

Like any other part of the body, voices get tired if they are being used all the time. Make sure your child is taking regular breaks from speaking to allow his or her voice to rest (15 mins for every hour of voice used).

Minimize Irritating Behaviours!

Behaviours like singing loudly, clearing your throat, or coughing habitually can be irritating for vocal cords. Try to encourage your child to reduce these behaviours when possible. Instead of throat clearing or coughing, your child can try to sniff in through the nose or swallow instead.

Limit the Competition!

Other noises around the house can often force children to speak more loudly to be heard. To help your child be heard using a normal voice volume, lower the volume on devices throughout the house (e.g. TVs, tablets, radios) and let every family member take a turn to talk.

Watch out for Irritants!

There are lots of things in our environment that can irritate the voice box and respiratory tract. Keep your child away from second hand smoke, dust, wood smoke, harsh chemicals/cleaners, and other allergens.

Be Creative with Sound!

Sometimes prolonged loud or silly voices can hurt your voice. Encourage your child to be creative with sound! Instead of cheering or yelling, use whistles, horns, clap or jump up and down. Instead of making sound effects while playing (e.g. car zooming, growling, imitating a siren), encourage your child to name the sounds instead (e.g. beep, zoom, go fast).

Be a Good Role Model!

Practice the tips above yourself and set a good example for your child.



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