

How to look after your child's voice

Encourage your child to:

Drink plenty of water - this will keep the mouth and throat moist



Breathe in deeply at bath time - the steam inhalation will keep the throat moist

Swallow firmly instead of throat clearing or coughing - this is less harmful to the voice however sometimes your child will need to cough e.g. if something goes down the 'wrong way'

Have 'quiet time' - have this time to rest the voice and engage in more quiet activities e.g. drawing, listening to a story



Try to avoid or limit:



Drinking caffeinated drinks - these can cause dehydration of the voice

Shouting/screaming

Whispering

Excessive coughing/throat clearing

Very hot drinks or spicy foods - these dehydrate and may cause damage to the protective layer of the throat

Smoky/dusty atmospheres

Noisy environments - this can mean your child will be shouting over competing noise which can contribute to voice damage.