



Childhood Voice Disorders: A Parent's Guide



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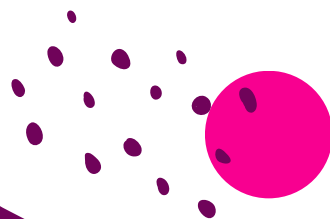
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What is a Voice Disorder?

A voice disorder refers to any condition that affects the pitch, loudness, or quality of a child's voice, hindering their ability to communicate effectively. These disorders can manifest in various ways, and early identification is crucial for appropriate intervention.





Characteristics of Childhood Voice Disorders:

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- **Hoarseness or Raspy Voice:** Persistent roughness or harshness in the voice.
 - **Pitch Issues:** Voice that is too high or too low for the child's age.
 - **Volume Problems:** Voice that is consistently too loud or too soft.
 - **Vocal Strain:** Effortful speaking, with signs of strain or discomfort.
 - **Breathy Voice:** Excessive air escaping during speech, leading to a breathy quality.
 - **Limited Vocal Range:** Difficulty producing a variety of pitches.



Who Diagnoses Childhood Voice Disorders?

Paediatricians, Otolaryngologists (ENT specialists), and Speech Pathologists are professionals involved in diagnosing childhood voice disorders.

How are Voice Disorders Diagnosed?

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- **Medical Evaluation:** A Paediatrician or ENT specialist will assess the physical health of the vocal cords and surrounding areas.
 - **Speech and Language Evaluation:** A Speech Pathologist will examine the child's speech and voice production skills.
 - **Instrumental Assessments:** Tools such as laryngoscopy or videostroboscopy may be used for a detailed examination of the vocal cords.



Checklist for Parents: Characteristics of Childhood Voice Disorders

- ✓ Hoarseness lasting more than two weeks
- ✓ Frequent throat clearing or coughing
- ✓ Persistent breathiness in voice
- ✓ Difficulty being heard in noisy environments
- ✓ Complaints of vocal fatigue or discomfort after speaking
- ✓ Limited vocal variety or pitch range
- ✓ Strain in throat when speaking



If You Suspect Your Child has a Voice Disorder:

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- 1. Consult a Professional:** Schedule an appointment with your Paediatrician or an ENT specialist.
 - 2. Consult with a Speech Pathologist:** For an evaluation of your child's communication skills.

Treatment and Support Strategies:

There are a range of strategies and techniques to support children with voice disorders, some of these include:

Voice Therapy: Engage in sessions with a Speech Pathologist to work on improving vocal skills.

Behavioural Changes: Encourage proper hydration, good vocal hygiene, and techniques to reduce vocal strain.

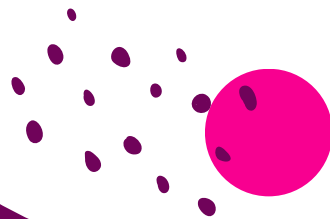


Educational Support: Work with your child's school to ensure they receive appropriate accommodations if necessary.

Family Involvement: Support your child's speech therapy at home by practicing recommended exercises and techniques.



Remember that every child with childhood voice disorders is unique, and their needs vary. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





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