## Things That Can Cause Voice Problems in Children

### MEDICAL CONDITIONS/ILLNESS:

- Asthma
- Allergies
- A cold (i.e., upper respiratory tract infection).
- Sore or swollen throat conditions (e.g., adenoids, tonsillitis).
- Mouth breathing (because of habit, nasal polyps, or a stuffy nose).
- General health problems.
- Hearing problems.
- Heartburn/Chronic gastro-esophageal reflux.
- Back or neck problems (e.g., injury, weakness, disorder).
- Frequent laryngitis/hoarseness.

### HABITS:

- Not drinking enough water.
- Not getting enough sleep.
- Drinking too much caffeine (hot chocolate, Coke, Pepsi, chocolate).
- Frequent throat clearing or coughing.
- Exposure to cigarette smoke.

### PERSONALITY FACTORS:

- Boisterous children who tend to talk loudly, use lots of sound effects, and/or scream a lot.
- Fast talkers.
- Shy children who tend to whisper or talk too quietly.

Reference: Beyond Words – Markham Stouffville Hospital.