

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.