

### Living habits:

- ▶ When the voice is hoarse, try to reduce speaking or singing so that the vocal cords can rest.
- ▶ Be emotionally stable, avoid strain on the vocal cords due to over-excitement or agitated shouting, and guide your children to use appropriate methods to express their emotions.
- ▶ Try to avoid loud coughing, screaming, throat clearing and other behaviours to avoid damage to the vocal cord.
- ▶ While having a cold, coughing or suffering from throat discomfort, pay special attention to the condition of the voice and let the vocal cords rest more.
- ▶ Drink water regularly to moisturize the surrounding parts of the throat.
- ▶ Eat less irritating food. Fried, too spicy, too sour, too sweet or too salty food may all affect the voice.

**Avoid misuse or abuse of voice to prevent the occurrence of hoarseness, damage to the vocal cords, or even nodules or polyps.**



### Support Measures and Strategies

#### Referral

If you suspect that your children have voice problem, they may be referred by the school to the school-based speech therapist for follow-up.

If the voice problem persists, you should consult an otolaryngologist.

#### Useful Website and Telephone Number for Enquiry

##### Hotline

If you have any questions, please call the Education Bureau at 3698 3957.

##### Website

“SENSE” Integrated Education and Special Education Information website  
<https://sense.edb.gov.hk/>



# Understanding Voice Problem



## Introduction

A clear voice help your children express themselves clearly. If your children have voice problem (such as hoarseness, excessively low pitch in voice, roughness hoarseness, or the voice is mixed with noise or breathy sound, etc.), it may affect their expression or even daily communication with others.

## What is "Voice Problem"?

### Causes of voice problem

Many people have experienced voice problem (i.e. voice disorder). Other than factors such as cold, chronic vocal cord inflammation, upper respiratory tract infection, the main causes of voice problem include the following:

#### I Vocal abuse

- ▶ Excessive use of voice, such as shouting, crying or talking for a long time, will cause damage to the vocal cords.



#### II Improper use of voice

- ▶ Misuse of voice, such as speaking too fast or too hard, speaking with too high or too low pitch, etc., will make the throat and vocal cords fatigue easily, or lead to hoarseness.



#### III Incorrect speaking posture or inappropriate use of muscles

- ▶ Speaking with the head titled sideways or unconsciously tightening of the neck muscles while speaking, will lead to tension in the laryngeal muscles and damage the vocal cords.



#### IV Respiratory incoordination

- ▶ Uncoordinated speaking and breathing will increase the burden on the vocal cords.

#### V Others

- ▶ Some children during adolescence, due to physiological and hormonal changes, the voice may become low-pitched or hoarse.

## Roles of Parents

Parents can remind their children the following ways to protect their voice:

### Speaking habits:

- ▶ Reduce speaking loudly in noisy environment to avoid strain on the vocal cords.
- ▶ Avoid unnecessary shouting, crying, laughing, cheering or making strange noises.
- ▶ Avoid talking or using voice for a long time to, and allow the vocal cords to have enough rest.
- ▶ Have a proper rhythm while speaking, not too slow or too fast, and pause appropriately.
- ▶ Use appropriate volume and pitch while speaking, avoid excessive stress on the vocal cords.

YES!

