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## What is voice therapy?

Voice therapy teaches children with voice problems how to better use their voice. It may include teaching your child:

- How the vocal cords work to make sounds.
- What the problem is with their voice.
- How to breathe correctly so they can use their voice in a better way.
- How to relax the vocal cords and care for their voice.

## What is the goal of voice therapy?

The goal of voice therapy is for your child to use their voice in the best way, no matter where they are or what they are doing – home, school or play.

- Voice therapy goals will be specific to your child and their diagnosis.
- It will not cure vocal cord lesions right away, but it will help your child have better voice use so lesions can start to heal.

## Who provides voice therapy?

A speech-language pathologist (SLP) provides voice therapy.

## What can I do to help my child?

It will help your child do their best when you are involved with their voice therapy.

- Have your child practice what they learn every day.
- Help the SLP to create home rules for healthy voice use.
- Set a good example for your child. Follow the SLP's advice for you and your family.
- Attend voice therapy visits on a regular basis.

## How much voice therapy does my child need?

Voice therapy most often begins soon after your child has a voice evaluation.

- How often your child needs therapy and how long each visit is depend on your child's needs and the cause and degree of their voice disorder.
- Every child moves along in their own timing.
- Working on your child's home exercises every day will help them to progress.

## What if my child does not improve with voice therapy?

If your child does not improve as expected, it may be due to:

- Not going to visits as often as they should.
- Not practicing exercises or following other guidelines at home.
- A need for more testing. Your SLP will advise for this if needed.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**