

Delays & Disorders Explained – Voice & Resonance Disorders – A GUIDE FOR CAREGIVERS



WHAT IS VOICE & RESONANCE DISORDERS?

Voice and resonance disorders are conditions that affect the way a person's voice sounds and how they use their vocal cords.

These disorders can occur in both children and adults and may result in challenges in communication and social interactions.

WHAT ARE THE COMMON SIGNS?

For parents, it is important to recognize that voice and resonance disorders can manifest differently in each individual.

Signs in children may include:

- A voice that sounds too high-pitched or nasal.
- Difficulty projecting their voice.
- Chronic hoarseness.
- Vocal fatigue.
- Voice quality is noticeably different from their peers.
- Often experience throat discomfort or pain when speaking.

Voice and resonance disorders can be caused by factors such as vocal abuse (yelling and overuse of voice) vocal (cord) nodules and polyps, cleft palate, or muscle coordination issues.

WHAT DOES THERAPY FOR VOICE & RESONANCE DISORDERS INVOLVE?

Speech-Language Pathologists can evaluate and provide therapy for voice and resonance disorders which are often recommended by Ear, Nose and Throat (ENT) specialists.

Therapy for these disorders often involves:

- Vocal exercises and techniques to improve voice quality and resonance.
- Relaxation exercises.
- Breathing exercises.
- Vocal hygiene.

WHAT CAN BE PRACTICED AT HOME?

It is essential for parents to be **patient**, as progress may take time, and **consistency** in therapy is key.

Parents can play a supportive role by:

- Encouraging their child to practice exercises at home.
- Following any medical advice or treatment plans.

In some cases, surgical intervention or medical treatments may be necessary, and parents should work closely with healthcare professionals to determine the most suitable approach.

Voice and resonance disorders can impact a person's confidence and ability to communicate effectively. With appropriate therapy and support, individuals can make significant improvements in their voice and resonance, enhancing their overall quality of life and communication skills. Parents should seek professional evaluation if they have concerns about their child's voice or resonance.