

# swallowing awareness day

Wednesday 18 March 2026



## Let's talk about swallowing

People who have trouble swallowing are at risk of choking, poor nutrition and dehydration, while babies and children with difficulty feeding may not take in enough nutrients to support growth and brain development.

Speech pathologists are the professionals who assess and treat people across the lifespan with dysphagia (difficulty swallowing).

To find a speech pathologist near you go to [www.speechpathologyaustralia.org.au/find](http://www.speechpathologyaustralia.org.au/find)

For more information visit  
[www.speechpathologyaustralia.org.au/Swallowing](http://www.speechpathologyaustralia.org.au/Swallowing)



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