



"Parrots: Their Lives... Our Choice"

Things to do for Your Cockatiel, Lovebird or Budgie

First Thing Every Day

- 1) Remove the water and food bowls; clean them well with hot soapy water and dry.
- 2) Put fresh water in dish and put back in cage.
- 3) Put one spoonful of warm cooked food mix in cage and leave bird in cage to eat for a while. Take food out after 2 hours and wash the bowl.
- 4) Clean cage, perches, and toys with damp cloth and change the papers.
- 5) Put about one heaping teaspoonful of bird seed and pellet mix in dish in cage. You can leave a small amount of dry food in at all times
- 6) In the early afternoon, about 2:00 pm, add some small pieces of fresh fruit and chopped vegetables. Then, the next morning what is left over can be thrown out. Only fill the bowl about ¼ full with dry food since you change it every day. If water is dirty, replace it with fresh.
- 7) Spend time talking to and loving your bird.



Each Week

- 1) At least 3 times a week give your bird a bath using a spray bottle. Turn the nozzle to a fine mist setting and give it about 4 or 5 gentle sprays. If your bird will bathe in a bowl, give it a shallow bowl of water large enough to bath in but not deep enough to drown.
- 2) At least 4 times a week, fasten some greens to the inside of the cage for your bird to eat. You can use: Romaine or leaf lettuce, green tops of carrots, beet greens, dandelion greens, mustard greens, kale or Swiss chard, or a broccoli floret.
- 3) Give your bird a little piece of a treat like spray millet, a tiny "Nutriberry" or a teensy piece of an "Avi-cake" about 3 or 4 times a week. Your bird can also have a very small piece of a graham cracker, a regular cracker or a bite of your toast. Just remember, your bird is quite little and it should eat plenty of healthy food, so do not use treats as a substitute for food – limit them.
- 4) Provide a piece of cuttlebone for calcium support to your bird.



As Needed

- 1) Let your avian veterinarian know when your bird needs a wing feather clip or toe nails trimmed.
- 2) New toys are important to keep your bird active and playful. Remember to make a change and rotate them about once a month.



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Do Not Feed Your Bird These Things

- Avocados
- Chocolate
- Caffeine
- Soda pop
- Salty, greasy, sugary and fatty foods!

How To Tell If Your Bird Is Ill

- Resting on both feet all of the time
- Excessive sleepiness
- Discharge from nostrils, mouth or eyes
- Tail bobbing
- Bird's feathers are continually fluffed
- Bird is panting
- Bird is unable to perch or is standing on cage bottom for unusual amount of time
- Strange looking or foul-smelling droppings



Dangers To Your Bird

- Overheated non-stick materials like Teflon emit odorless, colorless gas that will kill your bird
- Toilets with lid left up
- Very hot food or water
- Fire, gas or electric burners
- Open windows without screens
- Some cleaners, most air fresheners and scented candles
- Sleeping in bed with your bird
- Cigarettes and cigarette smoke
- Never spray Windex or ammonia-based liquids near your bird – death could result. Be careful with any aerosol cleaning products as some may be toxic to your bird and result in death.
- Candles, incense, scented oil lamps and other aromatherapy oils
- Other pets, especially cats, dogs, ferrets and some reptiles
- Unsupervised children

