



Royal Animal Hospital

HOW CAN I MAKE MY PARROT HAPPIER AND STOP IT BEING BORED?

- Daily sessions outside the cage at least three hours a day.
- Interesting diet including different fruits and vegetables. Don't cut it up. Make the bird work for it. Try fresh corn on the cob, pomegranates, peas in the pod, and a few whole nuts, are good for large parrots. Cooked food and fresh fruit/veg should be changed quickly for fear of bacterial contamination.
- Tree branches fruit trees, willow, elm, poplar, hazel, rowan, elm, sycamore to tear up. (Beware of poisonous trees like yew.)
- Parrot gym to play on. Hemp ropes (never nylon ropes) to climb.
- Leave the radio or TV on when out. Silence stresses parrots.
- Build an aviary in the garden, which you can use as a day-flight for the bird when you are also in the garden. This will make sure your bird gets enough ultra-violet light necessary for Vitamin D3.
- All pet parrots should be trained in basic obedience, and this should include flight commands. This is essential for your bird's mental well-being and your relationship with the bird.
- Get the parrot some company - introductions can be very very tricky and may not work out. So take advice from an expert before doing this.
- Give the bird small chewable foot toys corks, pine cones, cardboard strips, wooden clothes pegs, untreated leather strips, short lengths of natural fibre ropes.
- Something to look at out of the window will also help, as long as the bird doesn't get terrified by predators. But don't put the cage in direct sunlight through glass it's bad for them.
- Some parrots enjoy car rides, if they are used to them.
- A swing inside the cage. The highest perch in the cage will be the one the bird wants to use as its roosting perch so don't put it there. Roosting perches should feel safe and secure for the bird. There should be room so that the bird can perch without the swing getting in its way.
- A large cardboard tube of the kind used inside a carpet roll or for a poster with a diameter of 8 inches. The parrot can destroy this from the inside.
- A dummy nest box so that that parrot can get away from things. We all need a place to retreat from life at time.

