

Tips to Keep Your Parrot Healthy

- Give lots of attention with proper leadership. Training your parrot on a regular basis gives you the opportunity to develop a healthy relationship as well as becoming familiar with his or her “normal” behavior and response to stimuli.
- Feed a fresh, high quality, toxin-free formulated (pellet) diet with a variety of vegetables and fruits as treats or supplements. Avoid an “all seed” diet.
- Grit is NOT necessary with modern captive diets.
- Provide clean, fresh, uncontaminated water. Water bowls and water bottles are both acceptable but both have to be maintained properly. Some parrots like to make “soup” by putting their food in their water bowl. This makes a great environment for bacterial growth. A water bottle will avoid this occurrence. However, the water bottle needs to be emptied and cleaned daily even if it is not empty.
- Remove and replace food and water containers twice daily to maximize activity in a healthy bird.
- Provide the occasion for a bath, shower, or misting at least once weekly---more often if possible. Some birds enjoy showering with a family member.
- Avoid fumes and smoke (aerosols of any kind, cigarettes, insecticides, overheated non-stick cookware, plug in air fresheners and scented candles).
- Watch ceiling fans --- birds have been known to fly into them.
- Avoid leg chains --- NO bird should be chained to his perch.
- Provide perches with variable sizes and surfaces --- avoiding the loose sand-paper covers for perches.
- Line cage pans with newspaper or smooth cage liners to keep check on number, size, and consistency of droppings. Droppings are often the first indication of illness. Clean cage daily!