

Basic Parrot Care

Nutrition



Formulated pellet diet

Pelleted diets are carefully formulated to **contain all vitamins and minerals** your parrot needs for **balanced nutrition**



Fresh vegetables and small amount of fruit

Do remember to remove uneaten fresh food **within an hour** !

Vet's recommendation

NOTE: Varies for different species

- 50% Pellets
- 30% Fruits and vegetables
- 10% Seeds
- 10% Treats

Fresh clean water

Water should be provided **at all times**

List of common safe and toxic food

	SAFE	TOXIC
Vegetables	Carrots Corn Cucumber Cauliflower Green beans Bok Choy Lady's finger	Onion Garlic
Fruits	Mango Papaya Kiwi Banana Orange Grape Apple	Avocado Fruit pits & seeds
Others	Quinoa Oats Wheat Barley Bread Cooked pasta Cooked rice	Chocolate Caffeine Alcohol Dairy Salty food Fatty food

Supplements?

In general, birds eating mainly pellets do not require supplements.

However, birds going through **stressful periods** such as egg-laying and moulting may **require more nutrients**.

To avoid over-dose, provide supplements only if recommended by your avian vet.

Other things to take note

- Clean food and water bowl **daily** to avoid growth of bacteria
- **Do not give up** when transitioning your bird to a pelleted diet
- Always introduce new food slowly, **never starve** your parrot!

Cage placement

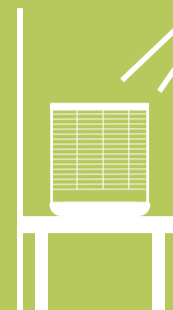
In a room where the **family uses**

Adequate natural lighting, but not in **constant** direct sunlight

Chest level is the most ideal

Good ventilation

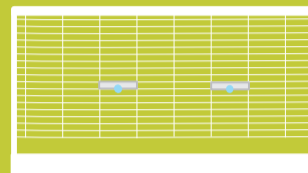
No toxic fumes such as: **Teflon***, non-stick cooking appliances, perfumes, paint, incense, candle flames, volatile cleaning agents, pesticides



Constant temperature of the environment is important

At least one side of the cage should be **against a wall**

Cage size



The **bigger** the **better**!
A **WIDER** cage is better than a **TALLER** cage as birds fly sideways!

Cage safety

- ✓ **Cage material** should be made of safe, and non-toxic materials like stainless steel
- ✓ Cage should have **secure locks** at any cage openings to prevent escape
- ✓ **Cage bar spacing** should be appropriate for your parrot's species

Cage accessories



Perches

Perches have many functions like **exercising** your parrot's feet and **filing their nails** down etc.



Cage lining

Lining at the bottom of cages helps with **monitoring** and **removal** of pet's faeces



Food and water bowls

Place bowls in areas that **cannot be contaminated** by pet's faeces



Enrichment

A **range** of **bird-safe** toys should be provided, **changed** and **rotated regularly** for mental and physical stimulation

Health

Grooming

***Always consult your vet first!**

Wing

Wing feathers can be trimmed at home to prevent accidental escape or reaching dangerous places

Beak

Beak should wear down naturally through daily activities. Overgrown/ Misaligned beaks should **ALWAYS** be taken care of by vets

Nails

Nails are naturally filed down by perches and through daily activities but can be trimmed at home when overgrown

Maintaining bird's mental and physical health

Parrots are **highly active** and **sociable** animals. Hence, we need to provide them with opportunities to **exercise**, **play**, **socialize** and **bond** with their owner's **every day**.

How?

- Toys
- Training
- Supervised time outside of cage

Bathing

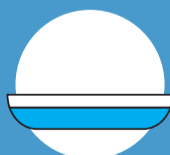
Bathing maintains healthy feathers and skin by removing dirt, bacteria, dander or excess oil from feathers.

When to bathe?

- Provide a **choice** for your bird to bathe **daily** or not
- A bath should be provided **at least once a week**

How to bathe?

Use **clean, room temperature** water **WITHOUT** any form of **soap**.



By itself in a wide and shallow enough dish



Shower



Wet leaves for them to brush against



Spray bottle/ Misting

If your pet is displaying any of these signs, **DO NOT** wait and seek **veterinary care IMMEDIATELY** !

- 1 Rapid increase or decrease in **body weight**
- 2 Increased rate and effort in **breathing** (e.g. opened-mouth breathing, tail moving up and down with each breath)
- 3 Changes in **behaviour** (e.g. Sleepy, fluffed-up, eating or drinking more or less than usual)
- 4 Dull, dirty, damaged or missing **feathers**
- 5 Changes in **general appearance** (e.g. Discharge from eyes, nostrils, mouth and vent)
- 6 Change in quantity, colour, texture and consistency of **faeces**

Pro tip:

If your pet is behaving abnormally, take a video or picture. This will help your vet in assessing and diagnosing your pet!



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Reference list