



BIRD CARE CHECKLIST

DAILY BIRD CARE TASKS:

☐ **Observe your bird's condition looking for signs of illness or injury:**

☐ **8 Signs of a Sick Bird:**

- ☐ Lethargy
- ☐ Changes in droppings
- ☐ Discharge from eyes or nose
- ☐ Difficulty breathing (looks weak, tail bobbing with each breath)
- ☐ Changes in appetite
- ☐ Weight loss
- ☐ Changes in vocalization
- ☐ Feather fluffing or abnormalities

☐ **8 Signs of a Healthy Bird:**

- ☐ Active and alert
- ☐ Bright, clear eyes
- ☐ Smooth and clean feathers
- ☐ Normal droppings
- ☐ Good appetite
- ☐ Clear breathing
- ☐ Responsive to the environment
- ☐ Engages in normal activities

☐ Remember, birds often hide signs of illness, so keen observation is crucial!

☐ **Feed your bird fresh food daily:**

- ☐ Pellets - 40 - 60% of diet
- ☐ Bird Chop or a diverse range of plant-based foods
- ☐ Fresh water

☐ **General cleaning tasks:**

- ☐ Clean bowls
- ☐ Wipe off poop and food splatters
- ☐ Ensure perches are clean
- ☐ Check for anything unsafe in the area
- ☐ Change tray paper (Tip: Stack bird cage paper for easy removal of the top layer)

☐ **General grooming tasks:**

- ☐ Spray feathers with water or bird-safe spray

☐ **Plan to keep them busy for the day:**

- ☐ Restock foraging bird toys
- ☐ Offer sensory enrichment such as playing the TV or radio
- ☐ Make sure they have chew toys

☐ **Offer socialization and out of cage time**

- ☐ Provide 60 minutes or more out of cage time with the family every day

☐ **Encourage exercise:**

- ☐ Provide them bird stand play time
- ☐ Create foraging stations in locations throughout the cage

WEEKLY BIRD CARE TASKS

- ☐ Weigh your bird with a gram scale and document it in a log.
- ☐ Inspect feathers, nails, eyes, nares, and under wings.
- ☐ Wipe down cage bars and tray with fresh, sudsy water, paying special attention to cage crevices.
- ☐ Clean all debris and splatters, paying special attention to cage crevices and play

stand.

- ☐ Sweep and Mop (tip: for tile floors, use carpet cleaner for a good scrub).
- ☐ Make chop for the week, freezing in 2-3 day servings (avoid foods like avocado, chocolate, caffeine).
- ☐ Rotate toys -
 - ☐ Small birds like soft wood toys like balsa, ringing bells, and natural plant-based toys. They also like interactive toys like balls with bells inside
 - Medium birds enjoy softer woods like pine, natural plant-based toys, and puzzle or foraging toys
 - Larger birds enjoy chunky wood toys, foraging toys, and figuring out puzzles

MONTHLY BIRD CARE TASKS

- ☐ Think about training tasks you'd like to accomplish.
- ☐ Double-check bird-proofing the house.
- ☐ Give the cage a thorough cleaning paying particular attention to crevices