



# BIRD TOWEL TRAINING

## The Tools You'll Need (Using Positive Reinforcement):

1. **A Small Towel:** Pick a small, lightweight towel that's gentle on your bird's feathers. Softness and comfort are key.
2. **Treats:** Gather your bird's favorite treats. Positive reinforcement is the secret sauce in this training process. It rewards your bird for cooperation and helps ease any initial discomfort.
3. **Clicker:** Use a clicker to mark the exact behavior that you want the bird to elicit.

## Step-by-Step: How to Towel Train Your Bird:

1. **Introduce the Towel:** Begin by slowly showing your bird the towel. Make it a game of "peek-a-boo" or stand the towel up like a tent and teach your pet to walk under it. Let your bird inspect and approach the towel at its own pace. If your bird shows curiosity, reward the behavior with treats. If it is scared, slow down.
2. **Wrap the Bird Gently:** As your bird becomes comfortable with the towel touching it, start gently wrapping the towel around its body, leaving the head exposed. Offer treats to reward increasing levels of acceptance.
3. **Swaddle Your Bird:** Once your bird is at ease with the initial wrapping, gently swaddle it in the towel, making sure it can still breathe comfortably. Keep the treats flowing each level of progress.
4. **Gradually Unwrap Your Bird:** Slowly unwrap the towel while providing treats to reward your bird's cooperation. This helps your bird associate the towel with safety and treats.

5. **Practice and Extend the time:** Practice the training sessions regularly, gradually increasing the duration of wrapping to the length of time to about 10 minutes or so. The more you practice, the more your bird will become accustomed to the process. Keep the atmosphere positive and full of encouragement.