

How To Towel Train Your Bird

Materials Needed:

- **Clicker**
- **Treats**
- **Towel**

1. Develop the mindset that baby steps will help you make progress much faster. Treat and reward baby steps related to any attempt your bird shows comfort around the towel and how long it will sustain that comfort level.
2. Purchase a solid-colored bath-sized terry towel, preferably in a calming color. This is your bird's towel that it will come to associate with grooming, handling, vet trips, and you providing it safety.
3. Teach your bird the word "towel" for the actual towel. Show the towel from a safe distance and say "Towel!" Put the towel on your body and act like you love it! Every time your bird shows an interest, click and treat.
4. After your bird has gained a sense of safety when the towel is nearby, try draping a portion of the towel over yourself and eventually over the cage. Reward your bird for investigating the towel. The investigation stage of training is essential for your bird's psychological comfort.
5. Lay the towel on a bed or other flat surface that your bird is used to and scatter some of your bird's favorite toys and treats on it. Treat and praise your bird as it demonstrates progressively more comfort around the towel.
6. Always make sure that your bird associates the towel with bonding. Play "Peek-A-Boo" or other games and make training fun for you, too!
7. Once your bird is comfortable standing on the towel, try slowly curling up the sides and encircling it. Keep all training fun and upbeat. Take things slow and always reward all calm behavior. If your bird becomes frightened slow the training down. It's so important that your bird never becomes frightened of the towel.

8. Always approach your bird from the front and remain cheerful and calm. Never use the towel as punishment.
9. Bring the towel up, over and around your bird.
10. 's head by holding it along its jawline and letting the body rest on your palm. Never encircle the entire neck and never constrict the chest.
11. Talk in a gentle voice telling your bird what you'll be doing and offering encouragement and praise.
12. Gently pull the body part that needs grooming out of the towel and carefully groom your parrot. Again, reward your bird all throughout the process.
13. Watch for your bird getting its toenails stuck in the fabric.