



Canadian Avian Society

Calgary, Alberta

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Behaviour & Socialization Guide

1. Understanding Bird Behaviour

Birds communicate through body language, vocalizations, and movement. Learning these signals helps build trust and reduces stress.

2. Common Body Language

- Relaxed: preening, light vocalizing, exploring toys
- Curious: upright posture, focused eyes, stepping forward
- Stressed: fluffed feathers for long periods, rapid breathing, hiding
- Defensive: open beak, lunging, raised feathers on the neck or head

3. Building Trust

- Approach slowly and speak softly
- Offer treats from an open palm
- Allow the bird to choose interaction
- Keep early sessions short and positive

4. Reducing Stress

- Maintain a predictable routine
- Provide quiet resting periods
- Avoid loud environments and sudden movements
- Respect personal space when the bird signals discomfort

5. Social Needs

- Most birds enjoy daily interaction with their caregivers
- Toys and foraging activities encourage mental stimulation
- Companionship needs vary by species; some thrive alone, others prefer social partners

6. Behaviour Challenges

- Biting may indicate fear or overstimulation
- Excessive screaming can stem from boredom or lack of routine

- Feather plucking may be related to stress, illness, or environment—seek veterinary advice

7. When to Seek Help

Contact CAS or an avian veterinarian if behaviour suddenly changes or if signs of distress persist.

Contact

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