



## Canadian Avian Society

Calgary, Alberta

[www.canadianaviansociety.ca](http://www.canadianaviansociety.ca)

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# Bird Care Basics Guide

## 1. Introduction

Caring for a bird involves creating a safe, enriching, and healthy environment. This guide provides basic steps to help companion birds thrive.

## 2. Housing

- Provide a cage large enough for full wing extension and movement.
- Place perches of varying sizes and textures.
- Keep the area well-lit with access to natural daylight when possible.
- Avoid drafts, smoke, aerosols, and loud environments.

## 3. Nutrition

- Offer a balanced diet appropriate for the species.
- Include fresh vegetables, high-quality pellets, and limited seeds.
- Provide fresh water daily in clean dishes.
- Avoid foods such as chocolate, avocado, caffeine, and alcohol.

## 4. Enrichment

- Supply toys for chewing, foraging, and problem-solving.
- Rotate toys weekly to maintain interest.
- Allow supervised out-of-cage time when safe.

## 5. Health Monitoring

- Watch for changes in droppings, appetite, behaviour, or breathing.
- Maintain a clean environment.
- Schedule annual checkups with an avian veterinarian.

## 6. Social Needs

- Speak gently and interact daily.
- Respect the bird's comfort levels.
- Provide rest periods without disturbance.

## **7. When to Seek Help**

Contact an avian veterinarian if you notice sudden weight loss, breathing difficulty, loss of balance, or persistent inactivity.

### **Contact**

For guidance: [info@canadianaviansociety.ca](mailto:info@canadianaviansociety.ca)

