



Canadian Avian Society

Calgary, Alberta

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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

