

# Daily Routine for Macaws and Amazons

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MORNING

## Exercise

✓ Release your bird from its cage and allow supervised free flight whilst preparing the morning meal of fresh fruit and vegetables. Encourage your bird to be included in the food preparation and create learning situations, as this is a most important training time for your bird. For example, introduce clicker training as a foraging tool where your bird must work to get a click and food reward. This training stimulates the same mental behaviour required for searching, locating and remembering where food is found in wild parrots. Ideal clicker training rewards are slithers of fruits such as grape, kiwifruit and green peas that can be consumed quickly. Supplements may be mixed into a passionfruit or hot food mix.

## Breakfast

✓ Call your bird in for its morning meal. Macaws and Amazons have very strong claws and should be encouraged to hold fruits of varying sizes from small grapes to larger halved carrots to advance their coordination skills, dexterity and strength. Sweet potato, pumpkin, carrots, beetroot and broad beans are the best food choices. Corn, orange, entire passionfruit, capsicum, whole plum, banana, cucumber and apple are other healthy foods they enjoy. Call your bird in for its morning meal. Organic foods are best and always ensure they are fresh, clean and free from pesticides.

## Cage Preparation

✓ Remove all fresh fruit after one hour and remove your Macaw to its outside aviary where large tree branches are placed for it to gnaw upon. Here a bowl of mixed parrot and pigeon seed mix and one or two nuts are provided. Swings and other play things are also needed for entertainment.

## Return to cage for foraging/rest

✓ Day time hours are spent inside the cage or outside aviary. Large tree branches are essential as a foraging activity.

✓ This is a natural time of rest and socialisation. If at home during the day, this is an ideal time to talk to your bird and teach it new words, songs or dances.

## Exercise & Training

✓ From mid to late afternoon, release your bird from its cage and allow supervised free flight. Play games, sing, dance or talk with your bird as you prepare the evening meal as your bird will respond well to clicker training and quickly learn new tricks during this time or reinforce new behaviours learnt during the morning session.

## Dinner

✓ Remove any remaining seed treats and branches from the cage and call in for a shared evening meal. Provide a smaller but similar meal as the morning feed. Place the cage or your bird's feed station alongside the family dinner table and eat your evening meal together. A shared meal is a most important time of the day for your bird.

## Evening Socialising

✓ Following the evening meal is a good opportunity to rest and socialise with your bird and teach it to accept touching and holding. Practice holding the wings out then touching the entire body, turn him on his back, rub his stomach and massage the feet in preparation for nail trimming and harnessing.

## Roosting/Bedtime

✓ Remove all foodstuff from the cage and implement nightly bedtime routine.

EVENING

## What to Provide

Supervised free flight

Clicker training & interaction

Morning fruit and vegetable meal (1-3cm diced)

Set up hardwood branches & seed treats for daytime foraging activity

Afternoon supervised free flight

Clicker training

Games, singing & dancing exercise

Shared meal with humans

Social interaction

Remove all food from cage

Cover cage & give bedtime treat

For the clients of Carlingford Animal Hospital

[www.birdhealth.com.au](http://www.birdhealth.com.au)