

# Daily Routine For Asiatics

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MORNING

## EXERCISE

Before releasing your bird for free flight in the home open the cage and ask him to step up onto your finger or hand. This is an important process in the daily routine to ensure your Asiatic does not become shy of hands and develop a biting habit. Then release your bird for supervised free flight whilst preparing the morning meal of fresh fruit and vegetables. Encourage your bird to fly vigorously. After the flight exercise, include your bird in the food preparation and create learning situations. 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 and remembering where food is found in wild parrots. Supplements may be mixed into a passionfruit and given at this time as a treat.

## BREAKFAST

Asiatics are wasteful eaters and enjoy hard fruit and par cooked diced vegetables that can be held in the foot and devoured. Sweet potato, pumpkin, carrots, beetroot and broad beans are the best food choices. Corn, peas, passionfruit, capsicum, watermelon, and apple are other healthy foods they enjoy. Dice the fresh fruit and vegetables into various sized pieces to encourage foot holding eating ability. 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 foods after one hour and replace with a bowl of small parrot seed mix and insert millet spray, fresh native branches and blossoms (e.g. Grevillea) inside the cage as these birds love chewing. Together with their favourite toy (e.g. balls) these provide entertainment during the day.

## RETURN TO CAGE FOR FORAGING/REST

Day time hours are spent inside the cage. Asiatics are naturally destructive and must be given fresh hardwood branches each day as a foraging activity. A favourite toy (e.g. strong ball) may be included for daytime entertainment.

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 or to provide a waterspray shower.

## EXERCISE & TRAINING

From mid to late afternoon, release your bird from its cage and allow supervised free flight. Remember always ask your bird to step up first. 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 or in view of the family dinner table and eat your evening meal together. A shared meal is a most important time of the day for Asiatic parrots.

## EVENING SOCIALISING

Asiatics are generally a calm bird that enjoys side by side interaction especially when allowed energetic exercise before the evening meal. This is a good time to reinforce the days lessons by going over new words learnt earlier in the day.

## ROOSTING/ BEDTIME

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

## What to Provide

Supervised free flight

Clicker training & interaction

Morning vegetable and fruit meal (1-1.5cm diced)



Set up hardwood branches & and 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





# Weekly Routine for Asiatics

	Add to Drinking Water	Mix into Sterile Food	Ongoing Health Care
Day 1	KD Powder <sup>1</sup>	Turbobooster, E-Powder & F-Vite <sup>4</sup>	<p><b>Lice &amp; Mite Protection:</b> S76 should be administered in the drinking water every month during summer and each three months during the cooler seasons. Add 0.5ml of S76 into 100ml drinking water and leave for two days. A lice and mite spray (AIL) should be applied on the same days.</p> <p><b>Worm Protection:</b> Gentle Wormer should be administered in the drinking water each three months. Add 3ml of Gentle Wormer into 100ml drinking water and leave for two days.</p> <p><b>3 &amp; 5 Molt Support:</b> Between December and March Quik Gel is added to drinking water for 2 days a week and Turbobooster, E-Powder &amp; F-Vite mixed into the seed every day.</p>
Day 2	Dufoplus & Ioford <sup>2</sup>	Turbobooster, E-Powder & F-Vite <sup>4</sup>	
Day 3	Dufoplus & Ioford <sup>2</sup>	Turbobooster, E-Powder & F-Vite <sup>4</sup>	
Day 4	Fresh water	Fresh seed <sup>5</sup>	
Day 5	Quik Gel <sup>3</sup>	Fresh seed <sup>5</sup>	
Day 6	Quik Gel <sup>3</sup>	Fresh seed <sup>5</sup>	
Day 7	Fresh water	Fresh seed <sup>5</sup>	

<sup>1</sup> KD Powder is given in the drinking water for one day a week acting as a mouth and crop wash to maintain protection from environmental germs. It is made up by adding 1/4 teaspoon (1gm or a level white spoon) into a litre of water. The drinking vessel is filled from this litre and the remainder is used to clean out the cage.

<sup>2</sup> Dufoplus (5 drops) & Ioford (10 drops) are mixed together in 100ml of drinking water and safely left for two days as they are sugar free. Dufoplus and Ioford provide the vitamins and trace elements necessary for good health.

<sup>3</sup> Quik Gel is an optional health tonic that may be given in the drinking water as part of an ongoing weekly programme. Quik Gel provides an immediate energy boost to your bird and should be given whenever you feel your bird is tired or unwell. Quik Gel is prepared by mixing 1 drop (0.1ml) thoroughly into 100ml drinking water.

<sup>4</sup> 6 drops of Turbobooster is mixed thoroughly into 100gm of seed, then 1/4 teaspoon (1 gram) of E-Powder and F-Vite are mixed into it. These powders stick to the the oil impregnated seed providing your bird with additional energy, protein, vitamin and mineral supplements necessary for top health. During the moult and for some birds, Dr Marshall may recommend Turbobooster, E-Powder and F-Vite are given daily. Nutritional supplements may also be added to fresh vegetables or pulse mix.



## Foraging Opportunities and Vigorous Flying Exercise

Asiatics like to explore their home surroundings and amuse themselves when out of the cage and are likely to chew and destroy window sills, furniture, powercords, etc. if left unattended. When out of the cage, these birds must be supervised and should be encouraged to fly vigorously during their morning exercise and given large hardwood branches daily to forage upon when in the cage. As well, a daily routine that includes two shared meals and time outside the cage exercising, socializing and playing is very important for your Asiatic parrot as it gives your bird emotional stability and the confidence to happily occupy itself whilst you are away from home.

The morning and evening meal should include organic vegetables, fruit or a special pulse and rice treat as detailed below. Asiatics have strong beaks and prefer hard foods such as butter pumpkin, sweet potato, broad beans, carrots pomegranate, apple, corn, capsicum and apple. Vegetables should be diced into various sizes to encourage a foot holding eating habit, dexterity and confidence.

### Pulse Mix Recipe

1. Soak dry soup mix in cold water overnight.
2. Rinse soaked pulses thoroughly and strain.
3. Boil for 45 minutes or until soft.
4. Divide into 100gm portions and freeze.
5. Prepare meal each morning as follows:

To prepare the morning feed, warm the frozen pulse mix in the microwave. Boiled rice, diced and cooked vegetables may be incorporated into the mix. To this finished meal add 6 drops Turbobooster and mix thoroughly. Then, sprinkle 1/4 tspn E-Powder & 1/4 tspn F-Vite onto the mix and provide as the morning meal. Dufoplus (5 drops) and Ioford (10 drops) can also be added here instead of in the drinking water.

Asiatics are highly dextrous and enjoy foods such as green peas and long beans which they can hold and eat. Carrot, fennel and beetroot tops also provide an interesting foraging activity. Always wash vegetables and fruit in a KD powder solution before use.



### Food Hygiene is Essential

All fresh food should be washed in KD Powder prior to preparation to remove surface contamination. During the warmer months uneaten food remnants must be removed from the cage within an hour of feeding in order to prevent food spoilage diseases. Foraging branches should be soaked in KD before being placed into the cage.