

# Daily Routine for Asiatic Parrots

Developed by Dr Rob Marshall & Tailai O'Brien

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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 or vegetables. Encourage your parrot to be included in the food preparation and create situations where your bird must work for food rewards. 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.

## Breakfast

✓ Asiatics enjoy hard fruit and diced par cooked vegetables that can be held in the foot and devoured. Sweet potato, pumpkin, carrots, beetroot, corn and capsicum are ideal. Vary your birds meals according to what is in season and always ensure fruit and vegetables are fresh, clean and free from pesticides.



DAY TIME

## Cage Preparation

✓ Call in for the morning meal. After 1 hour, remove morning meal's dish and any remaining fruit or vegetables and replace with a bowl of small seeds. In the cage, also provide hidden seed treats and plenty of foraging branches for the day.

✓ Asiatics are the biggest chewers and have a very destructive foraging style. Tough, native hardwood branches containing gum nuts should be provided daily.

## Return to cage for foraging/rest

✓ This time is spent inside the cage. Fresh branches and leaves, long beans etc. can be woven in between the cage bars to encourage time consuming foraging.



EVENING

## Exercise & Training

✓ Release your bird from its cage and allow supervised free flight. This is a good time to interact with your bird through a training session that reinforces the behaviour and tricks learnt in the morning session.



## Dinner

✓ Remove any remaining seed treats from the cage and call in for a shared evening meal. Provide a smaller but similar meal as the morning feed and 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 Asiatic parrots.

## Evening Socialising

✓ This is a good time for rest and relaxation with your bird. Socialising involves talking and interacting quietly with your bird and "winding down" for the day. This bonding time strengthens your birds sense of trust.

## Roosting/Bedtime

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



## What to Provide

Supervised free flight

Clicker training & food rewards

Morning diced vegetable or hard fruit meal



Native hardwood foraging branches and seed treats

Seed dish may remain in the cage during the day

Fresh branches in cage each day

Supervised free flight

Clicker training

Exercise & Toys

Shared meal with humans

Social interaction

Remove all food from cage

Cover cage & give bedtime treat

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