

Daily Routine For Conures, Quakers & Kakarikis

Developed By Dr Rob Marshall & Tailai O'Brien

Username:
birdhealthguest@gmail.com
Password:bestofhealth
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MORNING

EXERCISE

Release your bird from its cage and encourage vigorous flight exercise as these are highly energetic birds whilst preparing the morning meal of fresh fruit and vegetables. Encourage your bird to be included in the food preparation and create learning situations. These birds like to be the centre of attention and respond best to clicker training when they 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 (see our webpage or ask Tailai about clicker training). Supplements may be mixed into a passionfruit and given at this time as a treat.

Kakarikis are high energy birds. They require vigorous exercise and mental stimulation to prevent the development of aggressive behaviours and to divert sexual drive once they reach the age of puberty. Kakarikis love to bath on warmer days and this is an ideal outlet for their tremendous energy. Daily bathing is recommended for Conures, Quakers and Kakarikis.

BREAKFAST

Call your bird in for its morning meal. Conures, Kakarikis and Quakers prefer diced vegetables such as capsicum, zucchini, celery, sweet potato, pumpkin, peas, carrot, corn, beetroot and soft fruits such as passionfruit, watermelon, orange, apple and pear. Dice fresh fruit and vegetables into small (0.5 - 0.8cm segments) portions to encourage foot holding eating ability. Vary your bird's meals according to what is in season and always ensure fruit and vegetables are fresh, clean and free from pesticides. Some food items can be presented on a stainless steel skewer to encourage foraging behaviour.

CAGE PREPARATION

Remove all fresh fruit after one hour and replace with a bowl of small seeds 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 time consuming entertainment during the day.

What to Provide

Supervised free flight

Clicker training & interaction

Morning fruit and vegetable meal (5mm diced)



Daily baths

Set up hardwood branches & seed treats for daytime foraging activity

Afternoon supervised free flight

DAY TIME

RETURN TO CAGE FOR FORAGING/REST

Day time hours are spent inside the cage. Fresh branches and native blossoms are provided as a foraging activity and a favourite toy (e.g. strong ball) for 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, 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. These birds are very comical and love such games as Peekaboo and Hide & Seek.

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

Conures, Kakarikis and Quakers become very vocal and active at dusk and need to be gently talked to in order to "wind down" for the day. This is a good time to reinforce the days training by going over new games and words learnt earlier in the day.



Games, singing & dancing exercise

Shared meal with humans

Social interaction

Remove all food from cage

Cover cage & give bedtime treat

EVENING

ROOSTING/ BEDTIME

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

Weekly Health Programme for Conures, Quakers & Kakarikis

	Add to Drinking Water	Mix into Sterile Food	Ongoing Health Care
Day 1	KD Powder ¹	Turbobooster, E-Powder & F-Vite ⁴	<p>Lice & Mite Protection: 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>Worm Protection: 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>³ Moulting Support: During the moult from October to February Quik Gel should be given in the drinking water for two days each week.</p>
Day 2	Dufoplus & Ioford ²	Turbobooster, E-Powder & F-Vite ⁴	
Day 3	Dufoplus & Ioford ²	Turbobooster, E-Powder & F-Vite ⁴	
Day 4	Fresh water	Fresh seed ⁵	
Day 5	Quik Gel ³	Fresh seed ⁵	
Day 6	Quik Gel ³	Fresh seed ⁵	
Day 7	Fresh water	⁵ During the Moulting: Turbobooster, E-Powder & F-Vite are provided fresh each day.	



¹ 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.

² 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 but which are missing from a seed diet.

³ 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 also given for two consecutive days a week to protect health during the moult, which is a period when many budgerigars fall ill. Quik Gel is prepared by mixing 1 drop (0.1ml) thoroughly into 100ml drinking water.

⁴ 6 drops of Turbobooster is mixed thoroughly into 100gm of seed, then 1/4 teaspoon (1gm) of E-Powder and F-Vite are mixed into it. These powders stick to 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.

Food Preparation: Fruit, Vegetables, Cous Cous & Rice

The morning and evening meal may be comprised of organic fruit, vegetables or a special rice or couscous treat as detailed below. Vary your bird's diet according to what is fresh and in season. One of the following foods - butter pumpkin, sweet potato and carrot - should be included in at least one daily meal as these are the best sources of vitamin A & vitamin E. The best seasonal fruits are passion fruit, grapefruit, mango, rockmelon, watermelon, kiwifruit, pomegranate and papaya. Corn, capsicum, green peas and broad beans are other good vegetable choices. Fresh fruit and vegetables should be diced into 0.5-1cm cubes or strips to encourage a foot holding eating habit, dexterity and confidence. Large fresh food items such as corn on the cob can be hung on a skewer to encourage natural foraging behaviour.



Boiled Cous Cous or Rice Treat

1. Boil rice, cous cous or cob of corn until soft .
2. Mix in diced steamed vegetables as well as green peas and corn kernels.
3. Include food supplements. To 100gm of this treat add 6 drops Turbobooster, 5 drops Dufoplus, 5 drops Ioford and mix thoroughly. Then, sprinkle 1/4 tspn E-Powder and 1/4 tspn F-Vite onto the mix and provide as a meal.

Passionfruit Treat

Passionfruit is another treat meal into which you can provide nutritional supplements each morning. When providing supplements using this method, there is no need to add them to the seed mix. Mix 6 drops Turbobooster, 5 drop Ioford and 5 drops Dufoplus inside a passionfruit and sprinkle 1/4 teaspoon each of E-Powder and F-Vite on top.



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.