



*Many have forgotten this truth, but you must not forget it.
You remain responsible, forever, for what you have tamed.*

— Antoine de Saint-Exupéry

The Gabriel Foundation® is a 501(c)(3) avicultural and veterinary affiliated parrot welfare organization licensed by the state of Colorado, promoting educational outreach, conservation, rescue, rehabilitation, adoption, and sanctuary pertaining to the needs of parrots everywhere.

Denver Education Center 1025 Acoma Street Denver, Colorado 80204 Phone: 303.629.5900 x213 Fax: 303.629.5901
Email: education@thegabrielfoundation.org www.thegabrielfoundation.org

Things To Do For Your Cockatiel, Lovebird or Budgie

First Thing Every Day

- 1) Remove the water and food bowls; clean them well with hot soapy water and dry.
- 2) Put fresh water in dish and put back in cage.
- 3) Put one spoonful of warm cooked food mix in cage and leave bird in cage to eat for a while. Take food out after 2 hours and wash the bowl.
- 4) Clean cage, perches, and toys with damp cloth and change the papers.
- 5) Put about one heaping teaspoonful of bird seed and pellet mix in dish in cage. You can leave a small amount of dry food in at all times
- 6) In the early afternoon, about 2:00 pm, add some small pieces of fresh fruit and chopped vegetables. Then, the next morning what is left over can be thrown out. Only fill the bowl about ¼ full with dry food since you change it everyday. If water is dirty, replace it with fresh.
- 7) Spend time talking to and loving your bird.

Each Week

- 1) At least 3 times a week give your bird a bath using a spray bottle. Turn the nozzle to a fine mist setting and give it about 4 or 5 gentle sprays. If your bird will bathe in a bowl, give it a shallow bowl of water large enough to bath in but not deep enough to drown.
- 2) At least 4 times a week, fasten some greens to the inside of the cage for your bird to eat. You can use: Romaine or leaf lettuce, green tops of carrots, beet greens, dandelion greens, mustard greens, kale or Swiss chard, or a broccoli floret.
- 3) Give your bird a little piece of a treat like spray millet, a tiny “Nutriberry” or a teensy piece of an “Avi-cake” about 3 or 4 times a week. Your bird can also have a very small piece of a graham cracker, a regular cracker or a bite of your toast. Just remember, your bird is quite little and it should eat plenty of healthy food, so do not use treats as a substitute for food – limit them.
- 4) Provide a piece of cuttlebone for calcium support to your bird.

As Needed

1) Let your avian veterinarian know when your bird needs a wing feather clip or toe nails trimmed.

2) New toys are important to keep your bird active and playful. Remember to make a change and rotate them about once a month.

Do Not Feed Your Bird These Things

- Avocados
- Chocolate
- Caffeine
- Soda pop
- Salty, greasy, sugary and fatty foods!

How To Tell If Your Bird Is Ill

- Resting on both feet all of the time
- Excessive sleepiness
- Discharge from nostrils, mouth or eyes
- Tail bobbing
- Bird's feathers are continually fluffed
- Bird is panting
- Bird is unable to perch or is standing on cage bottom for unusual amount of time
- Strange looking or foul-smelling droppings

Dangers To Your Bird

- Overheated non-stick materials like Teflon emit odorless, colorless gas that will kill your bird
- Toilets with lid left up
- Very hot food or water
- Fire, gas or electric burners
- Open windows without screens
- Some cleaners, most air fresheners and scented candles
- Sleeping in bed with your bird
- Cigarettes and cigarette smoke
- Never spray Windex or ammonia-based liquids near your bird – death could result. Be careful with any aerosol cleaning products as some may be toxic to your bird and result in death.
- Candles, incense, scented oil lamps and other aromatherapy oils
- Other pets, especially cats, dogs, ferrets and some reptiles
- Unsupervised children