

Bird Enrichment Ideas

All bird species benefit from having environmental enrichment in their housing at home. In general parrots have a larger appreciation for environmental enrichment as they are extremely intelligent and require a lot of mental stimulation to keep them from turning into grumpy, destructive pets.

Many of the toys sold in pet shops are not safe for birds as they often contain cheap metal that can be toxic (ie lead or zinc) or are made of rope or fabric which can cause problems if they are eaten by your bird. If you are going to use these types of toys, please make sure your bird is not chewing on and ingesting them.



Below are some ideas of things you can do at home to add a bit of mental stimulation and fun to your parrot's life.

- Provide natural tree branches in the cage for perching – if using native foliage make sure to leave the leaves and flowers attached for extra interest. Also make sure that any branches are free of wild bird droppings.
- Provide bird toys in the cage – as mentioned earlier no string or rope toys as these can cause gastrointestinal obstructions if ingested. Wooden, stainless steel and some plastic toys are okay. Some easy to make and use toys are listed below:
 - Cat balls with bells inside – great for throwing around and making noise.
 - Toilet rolls – empty or filled with treats
 - Wooden pegs clipped into the side of the cage with treats attached
 - Cardboard boxes with doorways cut out
 - Cat litter trays filled with shredded paper with treats hidden in amongst the paper. You can also fill with the tray with your bird's favourite foods to encourage natural foraging behaviours
 - Wooden hanging blocks filled with foods/treats
 - Make kebab sticks (using stainless steel metal skewers) with fresh fruit and veg to hang in the cage

We sell a range of safe bird toys on our website so if you are looking for ideas please check it out!

