

PET BIRD ENRICHMENT TOOL



AFRICAN GREY PARROTS

Tailored Enrichment
Plans for Every Stage
of Your Bird's Life



SING. PLAY. BEAUTIFY.

SPECIES-SPECIFIC GUIDES

AFRICAN GREY PARROTS

BABY (0-6 MONTHS) – CURIOUS & LEARNING THE WORLD

African Greys are highly intelligent and sensitive, thriving on mental stimulation and routine. At this stage, they are curious yet cautious, making gentle exposure to new experiences crucial. This is a key bonding period, so spend plenty of time interacting with your baby Grey.

Toys:

- Soft chew toys (bird-safe wood, leather strips)
- Beginner foraging toys (paper-wrapped treats, simple puzzle feeders)
- Hanging foot toys to develop coordination and grip strength

Activities:

- Hand-feeding to build trust
- Simple target training (e.g., clicker training)
- Gentle play with various textures (paper, fleece, soft plastics)

Environmental Enrichment:

- Cozy perches for security
- Soft background noise (talk radio, gentle music) to encourage vocalization
- Exposure to safe household sounds and environments to build confidence

Mental Stimulation:

- Talking and mimicking games
- Simple problem-solving toys (e.g., food hidden in a small box)
- Positive reinforcement training to boost confidence and curiosity



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JUVENILE (6 MONTHS – 5 YEARS) – PLAYFUL, ENERGETIC & TESTING BOUNDARIES

Your young Grey is gaining independence and confidence, making this a key time to establish training routines and prevent boredom.



Toys:

- Advanced foraging toys (hidden treats in boxes, drawers, layered materials)
- Shreddable toys (paper, palm leaves, bird-safe cardboard)
- Climbing toys (nets, ladders, swings)

Activities:

- Trick training (wave, turn around, retrieve objects)
- Flight recall (if wings are unclipped) to build confidence and trust
- Interactive sound play (mimicking words, responding to cues)

Environmental Enrichment:

- Variety of perches (rope, natural wood, different diameters) for foot health
- Rotate toys weekly to maintain interest
- Supervised outdoor time in a secure aviary or harness

Mental Stimulation:

- Puzzle feeders with multi-step challenges
- Teach new words and phrases through repetition
- Positive socialization with family members to prevent skittishness

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ADULT (5–35 YEARS) – INTELLIGENT, SOCIAL & ROUTINE-ORIENTED

By adulthood, your African Grey has a well-defined personality and thrives on routine and mental challenges. Keeping their environment engaging is key to their well-being.



Toys:

- Complex foraging toys that require problem-solving
- Swings and hanging platforms for activity and engagement
- Independent play toys (foot toys, bells, safe mirrors for some Greys)

Activities:

- Advanced trick training (counting, recognizing colors/shapes)
- Speech training (using words in context, like saying “hello” when you enter)
- Supervised interactions with other birds (if safe and compatible)

Environmental Enrichment:

- Regularly rotate toys and perches for variety
- Arrange the cage to encourage movement (varied perch heights, climbing elements)
- Provide safe chew materials (bird-safe wood, coconut shells) to prevent beak overgrowth

Mental Stimulation:

- Interactive puzzle games to challenge problem-solving skills
- Hide-and-seek games with treats around the cage
- Teach practical commands like “step up” and “come here” for better communication

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SENIOR (35+ YEARS) – COMFORT-SEEKING & SLOWING DOWN

Older African Greys may slow down but still need enrichment to stay healthy. Adjusting their environment for comfort is essential.

Toys:

- Softwood chew toys for gentle beak maintenance
- Simple foraging toys that are easy to access

Activities:

- Low-impact training (gentle trick practice, step-up reinforcement)
- Stretching exercises on perches for mobility
- One-on-one social time (head scratches, quiet talking, or sitting together)

Environmental Enrichment:

- Easy-to-grip perches (padded or larger-diameter for arthritic feet)
- Lower perch placements for easier movement
- Warm, draft-free cage area for comfort

Mental Stimulation:

- Gentle talking and storytelling for engagement
- Slow-paced problem-solving toys
- Familiar music or recordings of favorite people for comfort



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TIPS FOR SUCCESS



ROUTINE MANAGEMENT: TIPS FOR SETTING A CONSISTENT SCHEDULE.



SAFE HOUSEHOLD ENVIRONMENT CHECKLIST



TIPS ON HOW TO SAFELY INTRODUCE OUTDOOR ACTIVITIES.

