

PET BIRD ENRICHMENT TOOL



COCKATIELS

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



SING. PLAY. BEAUTIFY.

SPECIES-SPECIFIC GUIDES

COCKATIELS

BABY (0-3 MONTHS) – DEVELOPING COORDINATION & LEARNING SOCIAL SKILLS

At this stage, baby cockatiels are exploring their environment, learning how to perch, and becoming comfortable with handling. Early socialization is crucial for confidence and bonding.

Toys: Soft, lightweight foot toys, small bells, and gentle chewable materials.

Activities: Hand-feeding interactions, exposure to soft music and gentle talking, and short out-of-cage time in a safe, enclosed area.

Environment: A warm, stable space with soft perches to support growing feet.

Nutritional Enrichment: Introduce finely chopped leafy greens like romaine lettuce and soft, easily digestible seasonal fruits like mashed banana or cooked sweet potato.



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JUVENILE (3 MONTHS – 1 YEAR) – CURIOUS, PLAYFUL & LEARNING TO VOCALIZE

Young cockatiels are full of energy, exploring their environment, and starting to develop their signature whistles and calls. They enjoy interactive activities that challenge their minds.

Toys: Shreddable paper toys, small swings, and bird-safe mirrors for entertainment.

Activities: Whistle training, introducing simple commands, supervised flight time, and puzzle feeders to encourage problem-solving.

Environment: A cage with multiple perches, different textures, and hanging toys to stimulate exploration.

Nutritional Enrichment: Offer fresh leafy greens such as romaine lettuce, along with seasonal fruits like apple slices or diced berries, placed in various spots to encourage foraging.



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**ADULT (1 – 15 YEARS) –
SOCIAL, ACTIVE & BONDING-
ORIENTED**

Adult cockatiels are playful, social birds that thrive on companionship and mental stimulation. They enjoy routines but also need variety in their enrichment activities.

Toys: Rotating interactive toys, millet holders, safe wood chews, and bells to encourage play.

Activities: Regular out-of-cage social time, trick training, learning new whistles or songs, and problem-solving games.

Environment: A spacious cage setup with climbing opportunities, swings, and foraging stations.

Nutritional Enrichment: Rotate seasonal fruits and vegetables like bell peppers, cooked carrots, or leafy greens such as romaine lettuce, hiding them in paper wrappings or foraging toys to encourage natural behaviors.



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**SENIOR (15+ YEARS) –
CALMER, PREFERRING
GENTLE ENGAGEMENT**



Older cockatiels may slow down but still need mental and physical activity to stay engaged. They benefit from a stable, predictable routine with enrichment tailored to their comfort.

Toys: Soft, lightweight chew toys, easy-to-grip foot toys, and low-effort foraging activities.

Activities: Gentle whistling games, light stretching exercises, and familiar social interactions.

Environment: Comfortable perches, a quiet resting area, and easily accessible food and water stations.

Nutritional Enrichment: Provide softer seasonal produce like steamed squash, chopped leafy greens (romaine lettuce), and ripe berries, ensuring they are easy to eat and encourage natural foraging.



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TIPS FOR SUCCESS



ROTATE TOYS REGULARLY – SWAP OR MOVE TOYS TO KEEP THINGS INTERESTING AND FUN.



KEEP IT SOCIAL – DAILY INTERACTION WITH YOU OR OTHER BIRDS HELPS MEET THEIR SOCIAL NEEDS.



SUPPORT SAFE FLIGHT – SUPERVISED FLIGHT SESSIONS BOOST BOTH BODY AND BRAIN.



ENCOURAGE FORAGING – HIDE FOOD, USE TOYS, OR HANG GREENS TO TAP INTO NATURAL INSTINCTS.



ADJUST WITH AGE – STAY TUNED TO THEIR CHANGING ENERGY AND ADAPT ENRICHMENT AS NEEDED.

