PET BIRD
ENRICHMENT
TOOL
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COCKATIELS

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

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.

COCKATIELS

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.

COCKATIELS

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.

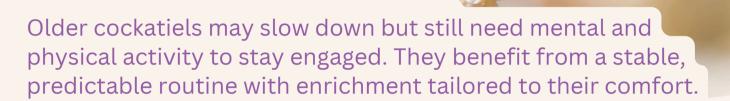
Activities: Regular out-of-cage social time, trick training, learning new whistles or songs, and problem-solving games.

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.

COCKATIELS

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



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.



TIPS FOR SUCCESS



- ROTATE TOYS REGULARLY SWAP OR MOVE TOYS TO KEEP THINGS INTERESTING AND FUN.
- YOU OR OTHER BIRDS HELPS MEET THEIR SOCIAL NEEDS.
- SUPPORT SAFE FLIGHT SUPERVISED FLIGHT SESSIONS BOOST BOTH BODY AND BRAIN.

