

PET BIRD ENRICHMENT TOOL



ECLECTUS PARROTS

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



SING. PLAY. BEAUTIFY.

SPECIES-SPECIFIC GUIDES

ECLECTUS PARROTS

BABY (0-6 MONTHS) – GENTLE EXPOSURE & SENSORY EXPLORATION



Young Eclectus parrots are naturally curious but may be more cautious than other parrot species. Early enrichment should center around gentle socialization, sensory experiences, and slow, positive introductions to toys and new environments.

Toys: Soft, colorful toys made from natural materials like palm, seagrass, or coconut; foot toys with different textures.

Activities: Quiet handling sessions, talking softly, and simple interactive games like peekaboo.

Environment: A calm, secure setup with easy-to-reach perches and space to explore without overwhelming stimulation.

Nutritional Enrichment: Offer soft fruits (like papaya or mango) and steamed orange vegetables; place leafy greens such as romaine lettuce in easy-to-see areas to gently encourage foraging.

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JUVENILE (6 MONTHS – 2 YEARS) – CONFIDENCE BUILDING & COGNITIVE PLAY

Juvenile Eclectus parrots begin to assert themselves and explore their environment more boldly. Enrichment should support their developing confidence and stimulate their highly intelligent minds.

Toys: Foraging toys, shreddable items, puzzle feeders, and toys with moving parts or hidden treats.

Activities: Target training, step-up practice, gentle foraging games, and supervised time exploring play stands.

Environment: A large cage or play space with natural perches, safe chewables, and new textures to explore.

Nutritional Enrichment: Use food-dispensing toys filled with chopped fruits and vegetables, including leafy greens like romaine lettuce and seasonal produce like berries or corn.



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ADULT (2 – 25 YEARS) – ROUTINE, CHALLENGE & CONNECTION

Adult Eclectus parrots benefit from predictable routines paired with enrichment that challenges their minds and encourages interaction. They often develop strong preferences, so variety is key to keeping them engaged.

Toys: Rotating puzzle toys, natural foraging trays, and items that reward problem-solving behaviors.

Activities: Advanced training (such as object sorting), exploring outdoor aviaries (if available), and safe supervised time with family members.

Environment: Spacious enclosure with frequent rearrangement, variety in perch types, and quiet zones for alone time.

Nutritional Enrichment: Rotate seasonal produce (like pomegranate, squash, or kiwi) and hang leafy greens (e.g., romaine lettuce or Swiss chard) throughout the enclosure for active grazing and visual appeal.



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SENIOR (25+ YEARS) – COMFORT, FAMILIARITY & GENTLE ENGAGEMENT

Senior Eclectus parrots often slow down, but they still enjoy calm interaction and low-effort enrichment that keeps their senses engaged and supports their health.

Toys: Lightweight toys, foraging mats, and easy-to-manipulate puzzle feeders.

Activities: Soft music, gentle preening sessions, and calm, quiet one-on-one time.

Environment: A well-padded, easy-to-navigate space with soft perches and clear sightlines to familiar caregivers.

Nutritional Enrichment: Continue offering fresh produce with softer textures—like ripe melon or steamed carrots—and leafy greens such as romaine lettuce tucked in low perches for easy access.



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TIPS FOR SUCCESS



FRESH IS BEST: ECLECTUS PARROTS THRIVE ON FRESH FRUITS AND VEGGIES—OFFER THEM IN FUN, CREATIVE WAYS LIKE SKEWERS OR FORAGING TOYS.



STICK TO A SCHEDULE: A STEADY ROUTINE WITH PLAY, SOCIAL TIME, AND REST HELPS THESE PARROTS FEEL SECURE AND BALANCED.



KEEP IT CALM: CHOOSE GENTLE, LOW-KEY ENRICHMENT—ECLECTUS PARROTS DO BEST IN PEACEFUL, SOOTHING ENVIRONMENTS.



CHANGE IT UP WEEKLY: EVEN MELLOW BIRDS NEED VARIETY. ROTATE TOYS AND SETUPS REGULARLY TO KEEP THINGS INTERESTING.



GET CREATIVE WITH FOOD: ECLECTUS PARROTS CAN BE PICKY—INTRODUCE NEW PRODUCE SLOWLY AND MAKE IT VISUALLY APPEALING.

