

BIRD ENRICHMENT TOOL



PARAKEETS

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

SING. PLAY. BEAUTIFY.

SPECIES-SPECIFIC GUIDES

PARAKEETS

JUVENILE (0-1 YEAR) – PLAYFUL EXPLORERS IN THE MAKING

Young parakeets are curious, energetic, and learning rapidly. This is the perfect time to introduce enrichment that builds trust, confidence, and healthy routines.

Enrichment Essentials:

Toys: Small shreddable toys, paper strips, hanging beads, and bird-safe mirrors.

Activities: Basic training (step-up, touch target), mirror interaction, and supervised out-of-cage play on a small playground.

Environment: Cage with space for flight, soft perches, swings, and varied textures. Include areas for climbing and hopping.
Nutritional Enrichment: Introduce a rainbow of fresh produce like grated carrots, chopped spinach, and apple slices without seeds. Rotate seasonal fruits and veggies to keep things new and exciting.



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PARAKEETS

ADULT (1-8 YEARS) – SOCIAL, INTELLIGENT & ALWAYS ON THE MOVE

Parakeets in this stage need both mental and physical stimulation daily. They love to chew, explore, and chatter—often learning words and mimicking sounds.

Enrichment Essentials:

Toys: Swings, ropes, bells, puzzle toys, and anything they can safely shred or manipulate.

Activities: Trick training, talking practice, flight time, and creative foraging challenges (e.g., millet tucked in cupcake liners).

Environment: Cage with varied perch diameters, interactive play gyms, and areas to fly and climb. Rearranging elements weekly keeps them engaged.

Nutritional Enrichment: Offer chopped seasonal produce like cucumber, leafy greens, corn kernels, or berry halves. Present food in foraging trays or small boxes to encourage exploration.



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SPECIES-SPECIFIC GUIDES

PARAKEETS

SENIOR (8+ YEARS) – GENTLE ENGAGEMENT & FAMILIAR COMFORTS

Older parakeets may slow down but still benefit from regular interaction and light enrichment. Focus on maintaining mobility, mental stimulation, and a comfortable environment.

Enrichment Essentials:

Toys: Lightweight toys that are easy to manipulate, simple puzzle feeders, and soft shreddables.

Activities: Calm interaction (gentle talking or singing), short training refreshers, and slow-paced cage exploration.

Environment: Cage layout with easy access to perches, food, and water. Softer perches and clear pathways to minimize hopping strain.

Nutritional Enrichment: Provide soft, bite-sized seasonal fruits and veggies like mashed banana, finely chopped greens, or steamed carrots near favorite perches for easy access and light foraging.



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TIPS FOR SUCCESS



KEEP IT VARIED: SWAP OUT TOYS AND ROTATE PERCHES OR PLAY ELEMENTS EVERY 1-2 WEEKS.



TALK & SING OFTEN: PARAKEETS LOVE SOUND. INTERACT WITH THEM USING SPEECH, MUSIC, OR BIRD-SAFE VIDEOS.



ENCOURAGE NATURAL BEHAVIORS: MIMIC WILD HABITS BY OFFERING FORAGING OPPORTUNITIES AND SOCIAL BONDING ACTIVITIES.



FLOCK FOCUSED: EVEN SINGLE PARAKEETS NEED DAILY ATTENTION. CONSIDER HOUSING IN PAIRS OR GROUPS (IF COMPATIBLE) FOR BUILT-IN ENRICHMENT.



OFFER GREENS TO FORAGE: CLIP LEAFY GREENS LIKE ROMAINE OR PARSLEY TO CAGE BARS OR HANG THEM FROM CLOTHESPINs TO ENCOURAGE NATURAL FORAGING BEHAVIORS.



FLIGHT TIME MATTERS: ALLOW SUPERVISED FLYING IN A SAFE, BIRD-PROOFED SPACE TO BURN OFF ENERGY AND BUILD CONFIDENCE.

