

BIRD ENRICHMENT TOOL



PARROTLETS

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



SING. PLAY. BEAUTIFY.

SPECIES-SPECIFIC GUIDES

PARROTTLETS

JUVENILE (0–1 YEAR) – CONFIDENT CLIMBERS IN TRAINING

Young parrotlets are often fearless and energetic, eager to test boundaries and explore their world. This is an ideal time to build trust and introduce a variety of enriching experiences.

Enrichment Essentials:

Toys: Soft shreddable items, paper kabobs, beads on strings, bird-safe mirrors (for short-term use), and crinkle paper.

Activities: Basic training (such as step-up and target training), supervised exploration outside the cage, and beginner foraging.

Environment: Cage with horizontal bars for climbing, a variety of perch textures and sizes, swings, and space to flutter.

Nutritional Enrichment: Start introducing chopped seasonal fruits and veggies like apple slices (no seeds), zucchini, and leafy greens. Try hanging greens or tucking treats into small paper cups.



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ADULT (1–12 YEARS) – FEISTY, FOCUSED & FULL OF ENERGY

Adult parrotlets are clever and active, requiring plenty of mental stimulation and physical activity to stay balanced. They form strong bonds and may become territorial without adequate engagement.

Enrichment Essentials:

Toys: Chewable wood blocks, seagrass mats, bells, ropes, ladders, and puzzle feeders sized for small birds.

Activities: Trick training (wave, spin, stationing), foraging games, supervised flying, and hide-and-seek with favorite treats.

Environment: A larger cage with zones for play, rest, and eating. Regularly rotate items to prevent boredom.

Nutritional Enrichment: Offer a rotating variety of seasonal produce like chopped bell pepper, herbs (like basil or parsley), bits of mango, or small corn rounds. Use skewers or food puzzles to encourage interaction.



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SENIOR (12+ YEARS) – CALM COMPANIONS NEEDING GENTLE STIMULATION

Older parrotlets may become more reserved and slower to move, but they still enjoy familiar routines and gentle enrichment.

Enrichment Essentials:

Toys: Lightweight shreddables, softer perches, and simple toys that don't require much force to interact with.

Activities: Slow-paced training refreshers, soft conversations or music, and light foraging using low-effort setups.

Environment: Streamlined cage layout with easy-to-reach food, perches, and enrichment areas. Keep perches lower and vary textures for comfort.

Nutritional Enrichment: Offer soft, easy-to-chew fruits and vegetables such as steamed carrots, ripe banana pieces, or chopped leafy greens served close to favorite perches.



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TIPS FOR SUCCESS



ROTATE & REFRESH: INTRODUCE NEW TOYS OR REARRANGE CAGE ELEMENTS WEEKLY TO STIMULATE CURIOSITY.



FOSTER INDEPENDENCE: ENCOURAGE PROBLEM-SOLVING WITH SMALL, BIRD-SAFE PUZZLES OR HIDDEN TREATS.



MONITOR AGGRESSION: PARROPLETS CAN BECOME CAGE-TERRITORIAL—PROVIDE OUT-OF-CAGE ACTIVITIES TO HELP REDUCE THIS BEHAVIOR.



TALK IT OUT: CHATTING WITH YOUR PARROPLET OR PLAYING MUSIC HELPS THEM FEEL INCLUDED AND MENTALLY ENGAGED.



FORAGING IS KEY: EVEN TINY BIRDS LOVE TO FORAGE. TRY WRAPPING A MILLET SPRAY IN PAPER OR HIDING FAVORITE FOODS INSIDE SMALL BOXES.



CHEW-SAFE VARIETY: ALWAYS PROVIDE CHEWABLE MATERIALS TO SUPPORT BEAK HEALTH AND SATISFY NATURAL INSTINCTS.

