# BIRD ENRICHMENT TOOL



#### **RINGNECK PARROTS**

BABY RINGNECK (0-1 YEAR) -CURIOUS, PLAYFUL, AND BUILDING TRUST

At this stage, your Ringneck is learning to interact with people and explore their world. Positive early experiences set the foundation for lifelong confidence.



#### **Enrichment Essentials:**

Toys: Soft chewables, lightweight foot toys, and small bells.

**Activities:** Gentle handling, target training, and early talking practice with encouraging repetition.

**Environment:** A safe cage with a variety of perches, cozy resting areas, and supervised out-of-cage exploration.

**Nutrition:** Introduce a wide range of finely chopped seasonal fruits (like apple slices or papaya) and tender greens (such as spinach or romaine) to encourage healthy eating habits.

#### RINGNECK PARROTS

JUVENILE RINGNECK (1-3 YEARS) - ADVENTUROUS, TESTING BOUNDARIES, AND LEARNING INDEPENDENCE

Juveniles often go through their bluffing phase, showing some stubbornness or increased nippiness. Consistency, enrichment, and patience are key during this time.



#### **Enrichment Essentials:**

**Toys:** Shreddable toys, ropes, wooden perches, and beginner puzzle feeders.

**Activities:** Recall training, supervised flying, simple tricks (like wave or spin), and daily talking practice.

**Environment:** Rotating perches and toys to prevent boredom, plus safe out-of-cage climbing stations.

**Nutrition:** Offer variety with fresh, seasonal vegetables like carrots, broccoli, and leafy greens, presented in foraging cups or wrapped in paper for shredding fun.

#### RINGNECK PARROTS

ADULT RINGNECK (4-25 YEARS) - INTELLIGENT, SOCIAL, AND FULL OF ENERGY

Adults are highly curious and benefit most from complex challenges and interactive play. They enjoy independence but also thrive on structured routines.



#### **Enrichment Essentials:**

**Toys:** Advanced foraging toys, ropes, ladders, destructible wood blocks, and safe acrylic puzzles.

**Activities:** Trick training, hide-and-seek games, outdoor harness training (if introduced safely), and regular flight or climbing sessions.

**Environment:** Spacious cage setup with multiple feeding stations, climbing areas, and access to window perches for visual stimulation.

**Nutrition:** Rotate seasonal produce like pomegranate seeds, peppers, zucchini, and sweet potato, hiding small pieces in foraging puzzles to mimic natural foraging.

#### **RINGNECK PARROTS**

SENIOR RINGNECK (25+ YEARS) – CALMER BUT STILL ENGAGED

Ringnecks can live well into their 30s, and while seniors may slow down, they still benefit from gentle stimulation and companionship.



#### **Enrichment Essentials:**

**Toys:** Softer chew toys, easier foraging puzzles, and comfort items such as rope perches.

**Activities:** Short training refreshers, calm talking sessions, and gentle play.

**Environment:** Easily accessible perches, food bowls placed near favorite resting spots, and a quiet, cozy cage space.

**Nutrition:** Provide softer, easy-to-eat foods such as cooked squash, ripe berries, and tender leafy greens, served close to their favorite perches.

# IS A RINGNECK RIGHT FOR YOU?



ENCOURAGE TALKING & MIMICRY: DAILY SPEECH PRACTICE KEEPS THEIR MINDS ACTIVE AND BUILDS STRONGER BONDS.



CHALLENGE THEIR MINDS: ROTATE PUZZLE FEEDERS, DIY FORAGING PROJECTS, AND PROBLEM-SOLVING GAMES REGULARLY.



BALANCE INDEPENDENCE & BONDING: RINGNECKS ENJOY BOTH SOLO PLAY AND INTERACTIVE TIME WITH YOU, SO BE SURE TO OFFER A MIX OF BOTH.



PROVIDE FLIGHT OR CLIMBING SPACE: ENCOURAGE EXERCISE THROUGH SAFE FLYING OR CLIMBING GYMS TO KEEP THEM STRONG AND HEALTHY.



ROTATE TOYS & ENVIRONMENTS: WEEKLY CHANGES IN TOY PLACEMENT OR TYPES HELP PREVENT BOREDOM AND KEEP YOUR BIRD ENGAGED.

