



Parrot Education & Adoption Center™

BEAK TO TAIL

Issue 66

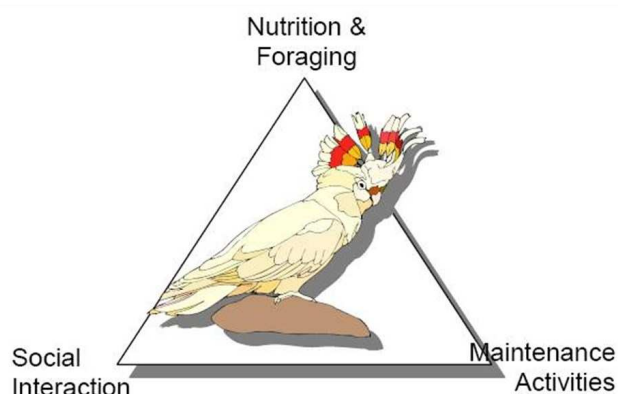
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Balancing your Parrot's Lifestyle

Authored by: Scott L. Ford DVM, Dip. ABVP-Avian

We can all relate to the importance of balance. A balanced diet, a balanced checkbook, and a balanced lifestyle are important to our well-being. Birds also need balance in their life. Balanced nutrition is an important cornerstone of care. Equally important is balanced activity and behavioral enrichment to allow them to engage with others and with their environment.



What are the Elements of a Balanced Lifestyle?

There are three primary elements to a parrot's daily life: Nutrition, social interaction, and maintenance behaviors. Nutrition and foraging refers to the make-up of the diet and the time and energy involved in finding, extracting, eating, and processing food. Social interaction includes time spent in a flock setting vocalizing, preening, flying, and displaying. Maintenance activities include all the things that a bird has to do to maintain its physical health outside of eating, such as sleeping, preening, and bathing. Once these areas have been satisfied, there are additional behaviors and activities that take place on an annual cycle, such as reproduction, molt, or, in some cases, migration. However, if the three basic categories occupy most of a bird's time and energy, the annual activities, particularly reproduction, may not take place at all. It comes down to budgeting of time, nutrients, availability of mates or nests, etc. This is the first step to recognizing how we can change a pet bird's behavior through manipulation of the environment, diet, and our social interaction with them.

Getting Off Balance

In a wild setting, birds work hard most of the time to find food, watch for danger, and take care of themselves. A natural equilibrium becomes established, which may or may not allow for extra activities. In captivity, basic needs are met easily and

so there is an enormous surplus of time and energy intake and a minimal amount of physical activity required. This extra time and dietary energy can be utilized for breeding even if the other required elements, such as a mate or nest site, are minimally available. For many captive parrots, this is enough to be reproductively active on a continuous basis, often without being able to ever complete the cycle and enter a phase of rest and repair. Because physiological changes for breeding are so intensive, it is believed that birds that are constantly in this condition are prone to a variety of medical and psychological illnesses. Resulting medical conditions include osteodystrophy (loss of bone calcium), hepatic lipidosis (fatty liver), egg coelomitis (inflammation of the abdomen from internally ovulating), oviductal or ovarian cancer and cysts, egg binding, cloacitis (inflammation or infection of the cloaca), cloacal prolapse, and stroke. Undesired behaviors that can result include feather or skin destructive behaviors (feather picking/plucking), obsessive compulsive behaviors, territorially defensive behaviors, and screaming or other attention-getting behaviors (e.g., separation anxiety). Birds that do not enter breeding condition, but still cannot satisfy their needs for activity, mental exercise, or social interaction, can also exhibit some of these problem behaviors. At the very minimum, birds that are not allowed to achieve lifestyle balance probably experience more stress and do not behave and interact with their human flock to their full potential.

Social Interaction

Most wild parrots are social creatures except, perhaps, when they pair up and concentrate on raising young. Commonly the birds will spend brief periods of time allopreening (preening the feathers on each others' heads) or otherwise interacting and vocalizing with a flock. These flocks can be very noisy and active. As our birds' surrogate flock, we need to fulfill this role without inadvertently taking on the role of mate. Talking, dancing, training, and playing games with your bird are excellent ways to fulfill your bird's need for social interaction. Even just having your bird nearby on a perch, stand, or travel cage, wherever you are at the time, is good quality time. To avoid the impression that you are a willing mate, avoid prolonged cuddling, allopreening, or perching on your shoulder. To a parrot, these can suggest a more intimate interest.

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Letter from the Executive Director

Dear PEAC Members!

Where did our summer go??? Our team of foster volunteers continues to gradually expand, and along with it our foster flock. Have you checked out our birds on PetFinder lately? Please visit www.petfinder.com and search for 'bird' and zip code 92160, or simply click on this link: <http://www.petfinder.com/pet-search?shelterid=CA1694>. Whether you're into small or large feathered friends, we just might have the right new friend for you!

We offered a twist this year with our Toymaking Workshop! Arianne Mock, a professional biologist and trainer with a passion for creating foraging and enrichment opportunities for companion parrots, guided us through a hands-on session on Sunday, 11/18/12 to create quick, easy and cost effective foraging/enrichment toys for our birds. Our feature article this issue provides some additional insight into environmental enrichment—so important for both physical and mental stimulation for our highly intelligent feathered friends.

Our recent booth at the San Diego Pet Expo was very successful with plenty of people stopping by to expand their knowledge on companion parrot care and meet our birds within the safety of their enclosed canopy. Thank you to our volunteers who helped make this event successful: April Adcock, Asako Yamamoto, Bobbie Sevier, Brooks Buncher, Bryan Martino, Debbi Anderson, Jeanine Lyons, Judy Michaels, and Suzette & Lino Valdez.

Wishing you all a safe and healthy holiday season with your flock, family and friends.

Sincerely,

Barbara Crouse

Director, PEAC San Diego

WHAT WE ARE

Parrot Education & Adoption Center is a 501(c)3 nonprofit volunteer organization dedicated to educating its members and current and potential bird owners about the proper care of pet birds. Unwanted or found parrots are accepted at PEAC and in turn are adopted to qualified applicants.

Sharing current information and correcting misconceptions about parrots are the major aims of PEAC. Our goal is to keep abreast of the latest developments in the world of aviculture and share them with you, our members.

PEAC was founded in 1996 by Bonnie Kenk, who served as the Executive Director for our first 12 years.

CONTACT US

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Bobbie Sevier
Mary Taylor
Lino Valdez
Suzette Valdez
Asako Yamamoto

PEAC Artist
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**PEAC
Policies and Procedures**

1. PEAC does not purchase birds, even to remove them from bad situations.
2. PEAC will accept birds donated to our organization.
3. PEAC does not breed birds or place any birds into breeding situations.
4. PEAC does not adopt birds to children.
5. Potential adopters of small birds are required to attend our "Avian Basic Care" seminar.
6. Potential adopters of medium to large birds are required to attend at least the following three seminars: "Avian Basic Care," "Parrot Personalities," and "Parrot Behavior."
7. Potential adopters will receive a copy of our adoption application after attending the required seminars.
8. All potential adopters will receive a home visit performed by one of our volunteers before being approved for adoption.
9. Approved adoption applications will be placed on a waiting list if a bird is not currently in our system that would be a good match for the approved adopter.
10. Only one parrot acquisition/adoption per home or PEAC membership is allowed in an 18-month time period.
11. Adopters are required to pay an adoption fee and reimburse PEAC for veterinary fees the bird may have incurred.
12. Adopted birds are to remain in the home and be treated as a member of the family.
13. Adopted birds may not be sold, given away, bred, or used for any type of monetary purposes.
14. After attending the mandatory seminars, those wishing to adopt a first-time large bird, such as an Amazon, African Grey, Cockatoo, or Macaw, will be required to spend hands-on time with the species of their choice under supervision of one of our volunteers before being approved.
15. As a general rule, we will not place a Cockatoo, Macaw, or other noisy bird in an apartment or condominium.
16. PEAC will not adopt birds as companions to other birds.
17. PEAC does not place birds into aviary situations.
18. Birds must remain in a 100% smoke-free environment.

(continued from page 1)

Nutrition and Foraging

This cornerstone of daily activity includes the search for food and the act of extracting, eating, and processing it. This can occupy as much as 6-18 hours of a wild parrot's day. The activity of foraging also engages the bird's mind as it flies, takes in all of the sensory information, watches for predators, learns from its flock members, and concentrates on discovering, manipulating, and extracting food items. In contrast, a pet parrot may only spend 20-30 minutes a day simply eating out of a bowl in isolation from others. During periods when social interaction is limited, as is often the case when we, the surrogate flockmates, are away earning a living, other maintenance behaviors such as foraging and feather care should be increased to fill the time. This in turn may be very beneficial as a part of behavioral modification treatments for abnormal behaviors such as feather picking, screaming, or pair-bonding behaviors.

There are three keys to successfully teaching your bird to forage: Diet, starting simple, and consistency. Foraging rewards should be tiny pieces of extra special food that is not present in the regular diet. For most parrots, the basic diet should be limited to pellets and vegetables, thus freeing items like fruit, pasta, Cheerios, whole-grain crackers or other non-fatty people foods for use (sparingly) in training and foraging. Listed below are some basic foraging ideas. Remember to start easy if your bird has never foraged. On a daily basis, assemble, play with, and disassemble foraging items in front of your bird at first as they may not even understand that food can be concealed. Once they understand that rewards are involved, they will begin exploring and learning on their own. You are the surrogate flock so your bird will be naturally interested in whatever you show interest in on a regular basis. As your bird masters a particular technique, you can begin to randomize rewards, increase difficulty, and combine techniques. For example, every foraging device may have a tasty nut piece as first but later you can hide pellets or beads or toys instead. For combination, you could place wrapped items in a bowl that is itself wrapped with cardboard. Interestingly, the increased difficulty and less consistent reward can actually increase your bird's drive to forage as they search harder for that desired reward. Give these techniques a try:

Foraging perch

A piece of non-treated wood (e.g., pine lumber) drilled with holes into which rewards fit tightly. The reward should be visible but not accessible without chewing down through the wood. This perch material can be used with your training perch, when the bird is outside of the cage with you. The wood can also be used as a perch in the cage, or even hung in the cage to increase the challenge.

Wrapping food bowls

Wrap the food bowls with paper or cardboard so that your bird has to spend time chewing in to get at the food. You may have to teach your bird the first time by punching a starter hole, or simulating the foraging activity yourself, acquiring your bird's favorite food item, and not sharing it with the bird after you find it.

Treat wads

You can individually wrap rewards in small pieces of paper, corn husks, snowcone cups or Dixie cups, or other materials. Not all wrappings need to contain a reward, either.

Buried treasures

Pellets or more valued rewards can be mixed in with wood buttons, dry beans, or other items so that the bird has to dig through to find its food. Some parrot species, such as grey parrots, can be particularly stimulated into new foraging behaviors by having a "sandbox" and buried treasures provided.

Commercially-available toys

There are a variety of toys available that require birds to unscrew parts or manipulate components to get at their reward. See the Resources list at the end of this packet for ideas on where you can find commercially available foraging toys. Remember that you can gradually increase the difficulty by stuffing the toy with wrapped food items, sticks, or other clean debris.

Foraging tree

A "tree" complete with challenging foraging stations can be made of lumber, sticks, plastic pipe, or rope. See the Resource section at the end of this handout to learn where you can acquire the DVD "Captive Foraging," which demonstrates how to build and train your bird to use a foraging tree.

Trick training

By asking your bird to perform a desired behavior for a reward, you are, in essence, providing a modified foraging activity for your bird. In addition, you are also having a lot of fun, and are satisfying your bird's need for social interaction. See the Training section later in this handout and check out the training opportunities in the Resources list at the end of this handout.

Maintenance Activities

Maintenance activities include sleeping, preening, and bathing—the basic physical needs of a bird in addition to eating. While we do not generally need to encourage maintenance activities, we do need to provide for them. A regular allowance for quiet, dark conditions for proper sleep is important as is provision of bathing opportunities. Although covering your bird can provide some privacy, if there is still activity and noise in the room, it is unlikely that the bird will completely rest. If possible, we recommend that you provide a small accessory cage (such as a travel cage) in a separate, darkened room, such as a bathroom or spare bedroom. The "sleeping cage" need only contain the basic essentials: a perch and water and possibly food if you may be delayed in removing the bird the next morning. As a general rule, your bird should have the opportunity for 10 to 12 hours of rest daily. If this schedule is consistent, you may be able to diminish "hormonal" or sexual behaviors since photoperiod, or day length, has some influence on the secretion of reproductive hormones. Some experts also believe that breaking up the bird's daily environment by activity (e.g., sleeping, socializing, and feeding) could help decrease a perception of their cage as a breeding territory.

(continued on page 11)

Available for Adoption in San Diego/ Southern California

Call (619) 287-8200 or email adoption@peac.org to find out more



Roz is a 30-year-old female Blue-fronted Amazon who came into our program when her first owner passed away. Although slow to warm up to new people in her life, she enjoys head scratches from those she trusts, plays actively with her toys, and gets along well with other birds. Unlike many Blue-fronts, she does not talk, although communicates her needs in other ways; she is very quiet overall.



Popeye is a 31-year-old DNA-sexed male Double-yellow head Amazon. He's pretty laid back, will step up politely when given a choice, and gives kisses to his foster volunteer. We're working on getting him onto a healthier diet which will help him shed some excess weight. His feather condition is excellent.



Honey is a 16-year-old Umbrella Cockatoo. She is a very sweet girl, as her name implies.



Barb is a female Red-bellied Parrot who will have you laughing hysterically with her antics. She steps up reliably for almost everyone and frequently has to have her toes peeled off your fingers! She will make a lucky family a wonderful all around companion.



Petie is a White-eyed Conure who was found by the family who had him for a number of years. Their employment-forced move out of state prompted his relinquishment. He is a fun little guy who is very interested in human interaction.

If you're interested in adopting any of the birds listed here, you must attend the three seminars required for adoption and complete an application for approval. You must also show proof that you have an adequate cage and are acquainted with an avian veterinarian before taking your bird home. Adopted birds may not be bred, sold, given away or used for any type of monetary purposes! A minimal adoption fee is required, as is reimbursement for any vet fees that the bird you are adopting has incurred. For more information on adopting a PEAC bird, visit http://peac.org/?page_id=40.



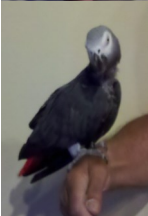
Racket is a male Mitred Conure found and turned in to PEAC via Dept of Animal Services. This little bird will delight you with his comical and engaging personality. Like many conures, he is rather vocal and will benefit from positive reinforcement of the whistling and babbling vocalizations he makes.



Kiki is a well-socialized male Moluccan cockatoo; he loves to spend time with people and so far is stepping up reliably for everyone he's encountered. He'll make a wonderful companion for someone with cockatoo experience.

Available for Adoption in San Diego/ Southern California

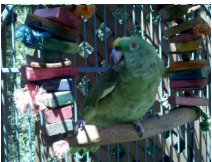
Call (619) 287-8200 or email adoption@peac.org to find out more



Morris is a 37-year-old Congo African Grey whose elderly owner could no longer care for him, or Lolita (Yellow-naped Amazon). He has been on a seed diet and is being treated for Vitamin A deficiency; we anticipate his feather condition will improve as he is showing great interest in a variety of healthy foods and is already accepting pellets.



Frances is a 16-year-old male Moluccan Cockatoo. He is very new to our program and is just settling in to his foster home, so we are presently evaluating his personality. He appears very interested in human interaction although is hesitant about stepping up just yet. Please check back for updates as we get to know Frances better.



Lolita is a 25-year-old Yellow-naped Amazon whose elderly owner of 25 years was no longer able to care for her and Morris (Congo Grey). Lolita sings and talks, and although she has received little handling recently due to owner's declining health, she has been stepping up for her foster person since the day she entered our program. Lolita's diet now includes a variety of vegetables and other high Vitamin A foods, plus pellets so we expect her feather condition to improve dramatically.



Ralphie is a gorgeous male Red-tailed Amazon. He was turned in to PEAC from an LA area animal shelter after sustaining a broken leg. His leg is now fully healed and he climbs and plays completely normally. He loves to spend time with his foster family and actively seeks human attention. He is now learning new words, phrases and whistles!



Rosie is a female Moluccan Cockatoo who is exceptionally sweet natured; she loves attention from the people in her life. She will need a cockatoo savvy person to keep her busy with productive behaviors in her new home.



Noah is a male Double-yellow headed Amazon who was found and turned in to PEAC. He enjoys the company of other birds and is also interested in human interaction. He came in a TINY cage and is learning to balance and perch on more suitable surfaces quite quickly.

***Congratulations to Hedwig,
Licorice, Jordan, Saffy, Sugar,
Pickles, Bert and Kiwi on their new
homes!***

AWW, C'MON....HELP WANTED!

PEAC San Diego, PEAC Anchorage, and PEAC Pittsburgh have a constant need for foster homes. Thanks to our expanded network of trained foster homes, we are in general no longer turning away birds; however, the numbers of requests to relinquish parrots continues to increase.

Our foster birds come to your home already vet-checked and usually pre-quarantined as well. During their initial 30-day quarantine period in the home of one of our most experienced volunteers, each bird is evaluated for personality and behavior traits, to help us place it with the best possible foster match. We also evaluate your lifestyle and personality and your comments with respect to what species and personality type you think would be best for you, to ensure that the bird we are placing with you is one that we think can best succeed with you as its foster parent. Sometimes we do such a good job at this that the foster parent ends up adopting the bird!

PEAC provides our foster homes with an appropriate cage, a playstand when possible, a travel carrier, TOPS organic pellets, an initial batch of toys and later replacement toys whenever available, and all the support you could ever ask for. All you need to supply is treats, fruits, veggies, and pasta; varying degrees of patience; and a whole lotta love.

You may be able to save a life. How much better can that be?

Call 619.287.8200 or e-mail parroted@peac.org

THANK YOU FOR YOUR GENEROUS DONATIONS TO THE BIRDS OF PEAC IN SOUTHERN CALIFORNIA:

Gale Chan & Steve Scott	Taylor Scott	David Wolfe
Victoria Bullard	Margaret Sullivan	Dory & Ted Thompson
Beverly Berkowitz	SaraLynn Mandel	
Chloe Rogers	Allan Gamagami	
Lafeber	TOPS (Totally Organic Pellets)	Petco Foundation

**Welcome to our newest volunteers - Asako Yamamoto,
Bryan Martino, Debbi Anderson, and Lauren Davis**

San Diego Pet Expo, October 2012




PEAC San Diego thanks the following Avian Board-certified veterinarians, who have generously agreed to provide discounts on veterinary care for our program birds:

Dr. Jeffrey Jenkins, San Diego 619.260.1412

Dr. Brian Loudis, Encinitas 760.634.2022

Dr. Todd Cecil, La Mesa 619.462.4800

Jeffery R. Jenkins, DVM
Diplomate
ABVP-Avian Practice




Specialist in Avian Medicine

AVIAN & EXOTIC ANIMAL HOSPITAL
Practice limited to birds & exotic animals
"Extraordinary care for extraordinary animals"

2317 Hotel Circle South, Suite C, San Diego, CA 92108
619 260-1412 619 260-1499 fax

Dr. Cecil provides a 50% discount on non-emergency services to our foster birds and 20% on emergency/after hour care as well as a 15% discount on avian services for PEAC members with a valid membership card.

Dr. Loudis will give a certificate good for one exam (to be used within 10 days of adoption) to new adopters of PEAC San Diego foster birds, and provides a discount on care for our foster birds.



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Dr. Jenkins provides a complimentary exam for newly adopted PEAC San Diego program birds and a discount on care for our foster birds.



THE "CHICKEN" MEMORIAL SPONSORSHIP PROGRAM

Chicken, a "Festive Amazon" (*Amazona festiva*) was imported in about 1970, as an adult, wild-caught bird. He was first owned by an elderly woman, a chain smoker, who had him for about 15 years and taught him to be a phenomenal talker. When she passed away, Chicken was left to her two sons, neither of whom liked him, and they kept him in isolation. Their sister rescued Chicken and gave him to a vet tech at the hospital where he was a client. The tech kept Chicken for a few years, until becoming engaged to someone who was allergic. In 1993, she called Layne Dicker, who was doing bird adoptions; Layne immediately fell in love with Chicken. He says that Chicken was affectionate, personable, and completely trustworthy. He would sit on Layne's shoulder for an hour with his head down getting scratched, and if Layne stopped, he'd nibble at his ear, making a little growling sound. In 1998, Chicken died of lung cancer. Layne has never completely gotten over it.

Participants

Gale Chan

Mike & Julie Comella

Kelly Flynn

Kathy Fraga

Lisa Greeson

Jim & Karen Hodson

Philip & Lee Jenkins

Beverly Kirkegaard

Paul & Debra Kolen

Judy Lazar

Ann Palik

Rene Pina

Jean Rockwell

Chloe Rogers

Steve Scott

Linda Stuart

Virginia VanDyke*

*(in memory of Ziggy)

PEAC has set up a memorial fund to help homeless birds with stories like Chicken's. But we can't do this without your help. Just one of our Amazons or macaws requires a new \$20 or \$30 toy at least once a month, in addition to the food costs. And we have numerous birds of all sizes waiting to enter our program! We are appealing to you as a fellow parrot lover to help us help these homeless birds. Please consider enrolling in our Sponsorship Program. For a monthly contribution you can sponsor one or more of our birds. In return you will receive the satisfaction of knowing that a parrot's life was enriched by your donation, and your name will appear, if you wish, on our Sponsorship List in our quarterly newsletter. All donations are tax deductible and will directly benefit our birds.

Simply fill out the enrollment form and return it with your donation.* After enrolling, for your convenience, you will receive an envelope each month in which to return your donation. The birds are waiting and thank you for your contribution!

*All donations to this program remain at PEAC headquarters in San Diego. For sponsorship opportunities in your area, contact your local Chapter.

THE CHICKEN MEMORIAL SPONSORSHIP ENROLLMENT FORM

Sponsorship Levels:

- ☐ \$50/mo. Macaw/Large Cockatoo ☐ \$25/mo. African Grey/Amazon/Eclectus
☐ \$15/mo. Conure/Parrotlet ☐ \$10/mo. Cockatiel/Budgie/Lovebird
☐ I wish to remain anonymous. Do not print my name on the Sponsorship list.
☐ I am unable to give a monthly donation, but I would like to help with a one-time donation of \$_____.

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ E-mail: _____

(continued from page 4)

Providing for your bird's bathing needs is usually relatively simple. Some birds will prefer to bathe in a bowl while others will enjoy showering with you. Most will accept gentle misting with water. Some like to splash in the sink under a gentle stream of water. We encourage you to experiment to find your bird's favorite method. Frequent bathing is a good thing and the only requirement is that the temperature in your house is at least 55-60°F. If they really enjoy bathing, it can be a daily activity but we recommend an opportunity at least 1 to 2 times a week.

Getting Back Into Balance

As mentioned earlier, an imbalanced lifestyle can lead to abnormal behaviors. For example, if a bird is picking its feathers, this could occur because of a lack of social and foraging activity. If social interaction and challenging foraging activities are introduced, there may be less time available for overpreening. Of course, there are other reasons for feather picking including health problems which should be checked out by your avian veterinarian before starting treatment yourself.

Balancing daily activities should, as closely as possible, fit the natural biology and behavior of your bird's species as well as the lifestyle constraints of your home. Maintaining a balance of healthy social interaction, foraging and nutrition, and maintenance behaviors requires conscious effort by the owner. In the wild, a multitude of external pressures and natural processes shape and mold the bird's lifestyle. In the absence of that, you become the master of the bird's environment. It's a tall order to try to provide the stimulation and boundaries that nature provides, but it's up to you to do your best. I recommend that you become as much an expert as you can on your bird's natural lifestyle. There are some resources at the end of this packet that can help get you started. Here are some encouraging tips to help you keep it in perspective.

- Check out the resources at the end of this handout. You can never have too much information (or encouraging stories) to help you be the master of your bird's domain.
- Be the flock: Since many pet birds are hand-reared, they often have learned to recognize people as other members of their species. This recognition and the interaction that comes with it is what helps to make parrots such enjoyable companion birds in our homes. Normally, other flock members would teach a juvenile bird what social behaviors are appropriate through a system of observational learning and trial and error. To set your bird up for lifelong success (which can be up to 100 years in some species), it is important for you to fill this role as mentor. Recognizing this role is key to understanding how your parrot views you and learns from you. Consider opportunities to take your bird with you to work, on trips, or even on errands occasionally. On these adventures, provide your bird with opportunities to meet other human "flock" members and expand their social experience. Remember, most parrots are highly social and live in flocks.
- Get involved with a local bird group. They can provide encouragement, support, and advice. As with any information, carefully consider the practicality and substantiation (e.g., scientific basis). In other words, take all advice with a grain of salt.

- Homework is important for your bird. Consider the intellectual and social strengthening you experienced during your upbringing. A structured environment is equally important to shaping your parrot's behavior.
- Patience and consistency is a must for any behavior modification program. Everyone in the home must be on-board with the program. Results will usually come in small baby-steps. Don't give up!
- Well-trained and adjusted pet birds are less stressed, better nourished, and less likely to develop illness. We also gain enjoyment from our pet birds if they are well adjusted, trained and behave well in our homes. This is your ultimate goal, and it is attainable.
- Call an avian veterinarian to discuss your bird's behavior and health any time that there is a question. Every bird and household is different so veterinarian will do their best to help you find the solutions that fit your unique situation.

Training & Behavior Modification Concepts

Define your goal

It is essential to know what you are trying to train your bird to do, otherwise how will the bird ever learn what you want? Be sure to choose small, achievable goals at first.

Use small steps or approximations to reach the goal

"Rome wasn't built in a day," right? Nothing complicated is learned in one great chunk—not even by humans. However, breaking it down into small, short steps and practicing these steps over and over can provide the building blocks for a variety of complicated new behaviors.

Use of bridges and cues

A bridge is a sound, such as a clicker, a spoken word, or a whistle, which is used in conjunction with the bird performing a desired action. The association eventually builds so that the bridge becomes a cue—a sound used to signal to the bird it is time to perform that behavior.

Positive reinforcement

This is the presentation of a stimulus following a behavior that serves to maintain or increase the frequency of the behavior. Positive reinforcers are desirable items or interactions such as food rewards or moments of verbal interaction or a pet on head. The reward should be consumed or completed in within about 10 seconds so that the training can continue smoothly.

Negative reinforcement

The removal of a stimulus following a behavior that serves to

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maintain or increase the frequency of the behavior. These tend to be unpleasant stimuli that the bird avoids. Negative reinforcement can be effective but the learner generally does not continue learning beyond the minimal amount necessary to avoid the negative stimulus. For this reason it is NOT generally recommended.

Positive punishment

The presentation of an aversive stimulus following a behavior that decreases or suppresses the frequency of the behavior is NOT RECOMMENDED as it will tend to produce counter-aggression, escape behaviors, and finally apathy.

Negative punishment

The removal of a stimulus following a behavior that serves to decrease or suppress the frequency of the behavior. This can be used carefully to replace inadvertent positive reinforcement of undesired behaviors and is particularly helpful if acceptable replacement behaviors are positively reinforced. Example: A bird is screaming in your presence and you leave the room until it stops for a couple of minutes. Then you return and offer a treat or positive interaction for being quiet.

Targets

A target is something used to focus a bird's attention and direct their next step. The bird is always rewarded when the target is touched or followed. If this rule is not violated, there is no end to the types of tasks and tricks that can be trained. A target can be as obvious as a colored stick or as basic as a raised finger.

Station

This is where all the neuron-building takes place. The station can be a portable perch or anything that the bird is comfortable sitting on but which is not distracted by other birds, people, food, toys, etc. The bird will learn that this is where the best rewards are to be achieved and should look forward to the time spent at this special spot.

Don't change the rules

Once you hold out a reward, or a hand for stepping up, or a target, and the bird follows through, you must let them have their reward. If you've decided it's too easy for them, reset the scenario after the reward and make them try again with a slightly harder goal. On the flip side, if it looks like too big a step, withdraw the reward, step back for a second, then step in with a new, easier goal to achieve.

Patience

Animal training takes time and patience! This is especially true if the bird has significant social issues to overcome. Take your time and celebrate and repeat the small achievements along way. Ending on a good note: Try to end training sessions on a good note. If you see a hard-won breakthrough, give the bird a good reward and call it a day—unless it's clear his favorite reward is continuing the training!

Foundation Behaviors to Teach Your Bird

Step-Up

Stepping up is a foundational maneuver upon which most training and behavioral guidance relies. If your bird is already fairly tame or even used to know how to step-up, then simply

press your hand gently up against the front of your bird's legs and say step-up (or use whatever bridge or cue you prefer). Once the bird places its foot onto the edge of your hand, hold still and provide a firm and solid perch with your hand. A shaking, hesitant, or unsure hand will not be a desirable perch for most birds to transfer their weight to. If your bird is not tame, you may have to start by bribing your bird to your hand by offering a small food reward. If the bird does not respond immediately then eat the reward in front of them (with obvious relish) and try again later. When they do step onto your hand to get to the bribe, avoid the temptation to lift the bird away the first few times. Repeat the exercise a few times before finally beginning to lift the bird away. If they seem uncertain, offer them a reward or set them down and start again. Remember, the priority is to build trust before building new behaviors.

Step-Down

Stepping down is important simply to allow for you to guide your bird's movement. To step your bird down, with your hand positioned lower than the perch you desire it to go to, gently roll your hand towards the perch, shifting the bird's weight forward so that they step down. In most cases, the bird should be encouraged to grasp the perch with its beak, and then climb up to the perch from there. In this sense, the bird is actually climbing up when being stepped down most of the time. A target or food reward can be used to encourage a bird to step onto a perch for the first several times—particularly if the bird seems unsure about a new or odd-looking perch.

Stay

Staying on a perch, where placed, is important for your bird to experience "normal" flock social interaction while outside of its cage with you. This simple behavioral requirement will allow your bird to share time with you, but not on you, and will preclude your bird from having free-roam throughout the home. The free-roaming pet parrot is at increased risk of traumatic injuries and household poisonings. Behaviorally, the free-roaming pet parrot will be at risk of developing pair-bonded interactions with one person, and may be less able to be guided into general flock interactions with others in the home. Portable tabletop perches are great for this training since they can be put anywhere and are not usually higher than people. Set your bird on the perch and occasionally offer a stroke or reward—as long as they stay put. If they climb down and walk around, put them back without any verbal cue or other reward. Come back a few minutes later and offer a reward if they stay put, or work to devise other positive reinforcement methods that will help your bird decide that staying on the training perch is a desired thing – from their point of view.

(continued on page 16)

ANCHORAGE PEAC

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Managing Director

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DIRECTOR'S MESSAGE:

I have helped people recover lost/missing/escaped birds over the years, and on occasion will admit to having a thought or two along the lines of "Good grief, how could they let something like this happen in the first place?" Well, let me just say that Karma packs a mean punch. It just happened to me today, with one



of my own birds. How did it happen? Well, I was too tired, too unfocused, and clearly not thinking about what I was doing. A mistake was made, a cage door left open, a mistake I will never forget. The mistake on my part explains how the parrot got out of the cage. What I cannot answer is how the parrot got outside of the house.

Late last night I returned from a long, tiring 10-day trip... traveling with four people, five dogs, and competing in four shows in 9 days. I admit that as I was getting ready for work this morning, operating on only 4 hours of sleep, I was distracted and not thinking about what I was doing. I was on auto pilot....only problem was my GPS apparently lost its signal. Somehow, as I was cleaning and feeding birds, a cage door didn't get shut. As I was halfway to work, it hit me. I turned around and headed back home. Too late, bird was nowhere to be found. I looked for an hour, but eventually had to stop and head to the office. I explained to the boss what happened, and she generously agreed to let me return home to continue the search. Another hour of looking....but now I could hear her! Little did I know that it would be a game she and I had developed over the years that would eventually help me locate her. It's sort of our version of "Marco.....Polo." She would contact call, I would call back, and we'd do this throughout the day. Well, I called, and I could hear her answering me. Only problem was....I couldn't pinpoint her location. I could hear it in the house but it didn't sound like it was coming from *within* the house. It sounded like it was coming from outside. Huh??? I open the door to the backyard and her contact call is unmistakably clear, and LOUD. She **was** outside!!! In the middle of winter!!! And because it's winter, I'm 100% certain all doors to the outside were closed. Or were they? Never underestimate the unexpected things our animals can do. Like, how does a little Meyer's parrot get through a big dog door?? That she had canine help is the only way I can envision how she accomplished her little vanishing act. That she hitched a ride on the back of a dog, a dog that then went out the dog door, is the only explanation I can come up with. Who knew parrots liked "pony" rides?

Anyway, all because of that little game we played, I could hear her. I could finally ascertain that she was indeed outside and, eventually, what tree she was perched in. That she came right down to me when she saw me was pretty much a miracle. It was plain dumb luck that the weather was incredible mild...low 30's rather than below zero...as I estimate she must have been outside for close to two hours. It's a miracle that I found her at all.

Some days we all need a miracle to remind us to stay focused.

(continued on page 15)



Available for Adoption in Anchorage
Parrot Education & Adoption Center
P.O. Box 91707
Anchorage, AK 99509-1707
www.akpeac.org
akpeac@gmail.com



Name: **Jayla**
Species: Red-tailed (a.k.a. "Congo") African grey
Age: 3 years
Sex: Female
Notes: Jayla is a very young, very sweet little girl. Despite having the best intentions and making all the right moves and choices, life sometimes throws us humans a curveball. Unfortunately, Jayla's owner developed a life-threatening allergic reaction to her, and it became necessary for Jayla to come to us to find her a new forever home. She's essentially a little grey sponge, soaking up all life has to offer her, and will make someone a fabulous lifelong companion.



Name: **Samantha**
Species: Double-yellow Head Amazon
Age: 18 years
Sex: Female
Notes: Sam was confiscated by Animal Control from a cruelty/neglect situation. She is a bird who likes ambient attention, but does not like physical interaction. She has a sweet disposition, a melodic voice, and is in perfect feather. She needs someone who can love and appreciate her for who she is, and makes sure she gets her showers (which she loves!!).



Name: **Wilson**
Species: Blue-crowned Conure
Age: unknown
Sex: unknown
Notes: Wilson was a found bird, rescued after spending a day hanging out in several very tall trees close to an Italian restaurant. Care to guess what his favorite food is? He talks quite a bit, and while there's interest in getting scratches only from favored people, he's VERY interested in getting attention from that person, as well as playing with toys, etc.



Name: **Sassy**
Age: unknown
Species: Senegal
Sex: unknown
Notes: Sassy was found and turned over to us. She can be social and outgoing when she wants to, yet, like a lot of Senegals, she can be somewhat territorial of her space. She has a healthy appetite and loves to play with her toys and get cuddles and scratches from her favorite people.

WAYS YOU CAN HELP!!

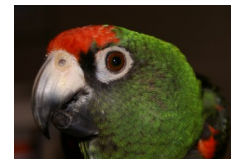
Have you ever wondered how you could help PEAC, but thought "I just don't have the ability to foster"? That's okay, there's lots of ways people can help PEAC...

The Program Birds always appreciate these donations:

New toys
Harrison's Bird Food
(including Bird Bread Mix)
Nutriberries
Nuts in the shell
(almond, walnut, etc.)
Seasonal fruit
Travel carriers
Large cages
Perches

If it were not for our volunteers, members, and public donations, we would not be able to do what we do. A large part of our funding comes from special events and fundraisers.

We are always looking for donations for the events we put on throughout the year. If you have an item you'd like to donate, please email us!



Name: **Jordie**
Species: Jardine's Parrot
Age: 15+
Sex: Male

Jordie came to Alaska from the San Diego chapter of PEAC. He is **quite** the character! He can occasionally be loud, but not for long extended periods. He is an overall mellow guy, and has an overall sweet disposition, though he does need a home where no human children are present. Some bird experience required. He does display some feather destructive tendencies, so needs to be given lots and lots of fun, destructible/shred-able toys.

(continued from page 13)

SEMINARS: We are still hoping to get back on track with our seminars. We have one scheduled for Tuesday, Nov. 20, 2012 at the BP Energy Center from 7:00-9:00 PM (Parrot ABC's and Avian Nutrition). Once we are able to put a schedule for 2013 together we will make necessary announcements. Please watch our website (www.akpeac.org) or join us on Facebook (**AKPEAC (Alaska - Parrot Education & Adoption Center)**) for additional updates and information.

FOSTER HOMES: We are in need of foster homes. If you would like more information on becoming a foster home, please contact us at AKPEAC@GMAIL.COM. Fostering is not easy. Sometimes life hits us where it hurts and we have to adjust. For this reason, it's possible two of our program birds may be heading to San Diego. Hmm...it's the middle of winter here, and warm and sunny in San Diego. Parrots *ARE* smart!!! I wonder if they'll take me with them??

ANNOUNCEMENT: A repeat from last month, but worth repeating. Please note Dr. Jackie Frederickson has moved to a new clinic. She is now at Hillside Pet Clinic, which recently moved into their new space at 2011 Abbott Rd, Unit B, Anchorage, AK (907) 344-7913. If you plan on following Jackie to her new location, please call VCA Alaska Pet Care and request a copy of your pet(s) records in advance of any scheduled appointment. This way no one will be scrambling for records at the last minute and more time can be spent on what matters, care for your pet. Congratulations to Jackie on the new clinic!!!

*****Dr. Jackie Frederickson has moved to a new clinic!!!!*****

Hillside Pet Care
2011 Abbott Rd Unit B
Anchorage, AK 99507
(907) 344-7913

Happy Birding!

Karen Webster
Managing Director, Anchorage
Parrot Education & Adoption Center

Your membership, support, and participation at our events are essential to the future of our chapter and our foster birds! Thank you for your generosity!!

We would like to extend a special THANK YOU to the following individuals, organizations, and businesses who have donated to our Anchorage chapter:

Ginger Memorial Fund
Layne Dicker & Sally Spencer

Alaska Mill and Feed Jackie Frederickson, DVM
Grey Feather Toys Lin Westgard
TOPS (Totally Organic Pellets) VCA Alaska Pet Care

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Foundational Diet Recommendations

An overabundance of food, foods high in fat and calories, and too many food choices can all turn on your bird's reproductive drive. In addition, obesity and other nutritional complications may occur. For most captive parrots, the most appropriate diet is a combination of formulated pellets and vegetables. Fruit, seeds, nuts, pasta, and other people foods are not present in the regular diet. The brand or type of pellet is generally not as important as what the bird will accept. In other words, the best pellet is the one that the bird will eat! Talk to your avian veterinarian about the appropriate percentage of pellets, fresh vegetables, and other food for your particular parrot.

To convert your bird to a formulated (pellet) diet:

Conversion for medium to large parrots

With the bird sharing time with you from its training perch, eat (or act like you are eating) the food in front of your bird. Make sure that you really enjoy the food item, and show your enjoyment to your bird. Offer some to your bird, but do not necessarily try to force the issue. Give a limited time to accept the offer (a few seconds). If they don't take it, keep eating the food and make it obvious that you are enjoying it. Do this daily as it must be seen as a regular flock behavior. During the introduction period, offer pellets in a separate bowl from the old diet. Once your bird is eating the pellets during these "foraging session," you can remove the dish used for the old diet. This will open up many opportunities for "treats" to be used as positive reinforcement and training tools in the future. Once the birds are regularly consuming a pellet diet you will notice changes in their droppings. The droppings may be larger and lighter in color than when on seed. Additionally, food colorings, if present, may be seen (orange coloration for example).

Conversion of cockatiels or budgies

It may be important to have your bird's wings clipped unless they are very tame, in order to maintain the bird's focus on you. Spread a variety of choices of pellets out on a table surface covered by a towel and set your bird amongst them. Use your hand to simulate a scratching and pecking flock member. Pick at the pellets, crunch them in your fingernails, and flick them about. Do this daily as it must be seen as a regular flock behavior. During the introduction period, offer pellets in a separate bowl from the old diet. Once your bird begins to eat the pellets consistently, you can replace its old diet. You may also find that using smaller pieces or varieties of pellets will be more readily accepted and you can later increase the size you feed. You may want to simulate foraging, using your fingers, in the food bowl in the cage as a final conversion training method as well. Since these species are ground-feeders, it may help to offer the pellets on the floor of the cage or in a flat dish instead of in a bowl. Even then, be sure to monitor your bird's droppings to ensure that they are eating well. Once the birds are regularly consuming a pellet diet you will notice changes in their droppings. The droppings will generally be larger and lighter in color than when on seed. If you only see scanty, dark green feces or black feces, your bird may not be eating and will need to be offered its old diet again.

Conversion of lovebirds, parrotlets, and conures

It may be important to have your bird's wings clipped unless they are very tame, in order to maintain the bird's focus on you.

Place a small assortment of pellets in one hand. Holding it slightly cupped, perch your bird on this same hand and use your opposite hand to simulate a scratching and pecking flock member. Pick at the pellets, crunch them in your fingernails, and flick them about. Do this daily as it must be seen as a regular flock behavior. During the introduction period, offer pellets in a separate bowl from the old diet. Once your bird begins to eat the pellets consistently, you can remove its old diet. You may also find that using smaller pieces or varieties of pellets will be more readily accepted and you can later increase the size you feed. You may want to simulate foraging, using your fingers, in the food bowl in the cage as a final conversion training method as well. Even then, be sure to monitor your bird's droppings to ensure that they are eating well. Once the birds are regularly consuming a pellet diet you will notice changes in their droppings. The droppings will generally be larger and lighter in color than when on seed. If you only see scanty, dark green feces or black feces, your bird may not be eating and will need to be offered its old diet again.

Conversion of finches and canaries

For the most part, these species will self-convert if offered a dish of very small pellets or mash. Most brands of pellets offer a finely ground mash for these birds. Offer the old diet in a separate dish until you notice a change in dropping color or you see the birds investigating the new diet. Once your bird begins to eat the pellets consistently, you can remove its old diet. Monitor your birds' droppings to ensure that they are eating well. Once the birds are regularly consuming a pellet diet you will notice changes in their droppings. The droppings will generally be larger and lighter in color than when on seed. If you only see scanty, dark green feces or black feces, your bird may not be eating and will need to be offered its old diet again.

Offer vegetables

These should be restricted to just two or three types of vegetables at a time to avoid the perception of abundance. For smaller species, I suggest trying grated or thinly sliced fresh vegetables or offering clean sprouts or broccoli. A frozen vegetable mix (e.g., corn, diced carrots, and peas or beans) can be convenient. Just thaw out a small amount each day.

Restricted foods

These include fruit, seed, nuts, pasta, rice, and other people foods. These items pack lots of calories that can stimulate reproductive behavior or cause health problems. Also, regularly offering softened or warm foods can simulate regurgitative feeding that might be offered by a mate. Nuts and seed are NOT recommended. As an alternative, edamame or other favorite beans or whole grain cereal (e.g., Cheerios) can be offered. Even then, very limited amounts of these items should be offered, preferably only as a REWARD for foraging and training.

(continued on page 21)



THE "GINGER" MEMORIAL SPONSORSHIP PROGRAM*

Ginger was one of the first birds Anchorage took in, and the difference we were able to make in this bird's life was remarkable. Unfortunately, we were not granted enough time with Ginger on this earth; let the story of her life carry the message of birds in need to future generations. May she rest in peace.

Through word of mouth, PEAC has become widely known. With this notoriety comes an increase in the number of birds needing our help. The increased volume of birds coming through our door has placed an additional financial burden on the organization. Just one of our macaws requires a \$20-\$30 toy at least once a month, in addition to the food costs (and thanks to the difficult times we are facing, food costs have risen dramatically). Sadly, we have numerous parrots of all sizes, needing food and a variety of toys, waiting to enter our program.



We are appealing to you as a fellow parrot lover to help us help these homeless birds. Please consider enrolling in our sponsorship program. For a monthly contribution, you can sponsor one or more of our birds. In return, you will receive the satisfaction of knowing that a parrot's life was enriched by your donation, and your name will appear on our Sponsorship List in our quarterly newsletter, *Beak to Tail*. (If you wish to remain anonymous, just check that box on the Sponsorship Enrollment Form.) All donations are tax-deductible and directly benefit our birds. Simply fill out the enrollment form and return it with your donation.* After enrolling, for your convenience, you will receive an envelope each month in which to return your donation. The birds are waiting and thank you for your contribution.

THE GINGER MEMORIAL SPONSORSHIP PROGRAM ENROLLMENT FORM

Sponsorship Levels:

- ☐ \$50/mo. Macaw/Large Cockatoo ☐ \$25/mo. African Grey/Amazon/Eclectus
☐ \$15/mo. Conure/Parrotlet ☐ \$10/mo. Cockatiel/Budgie/Lovebird

- ☐ I wish to remain anonymous.
☐ I am unable to give a monthly donation, but I would like to help with a one-time donation of \$ _____.

Name: _____ Phone #: _____
 Address: _____ City: _____
 State: _____ Zip: _____ E-mail: _____
 VISA/MC/AMEX Card #: _____ Exp: ____ / ____

Or make check payable to PEAC and mail with this form to
PEAC, P.O. Box 91707, Anchorage, AK 99509-1707

** All donations to the Ginger Sponsorship Program remain at PEAC's Anchorage chapter.*

Pittsburgh

The Pittsburgh affiliate of Parrot Education & Adoption Center presents an entertaining and educational afternoon with John Lege, "That Guy with the Birds."

John is well known for his shows with his birds. Perhaps he'll sing about his favorite kind of animal, "out of all the animals in the world" !!

This is a wonderful afternoon activity for the whole family!

Saturday, December 1, 2012 at 1:00 PM

OPEN TO THE PUBLIC

COME ONE — COME ALL

ADMISSION — ONLY \$5.00

PEAC MEMBERS ADMITTED FREE

Chinese Auction

Raffles

Bird Toys for Sale

Snacks

HEAR STORIES OF RESCUE, LOVE, AND REHABILITATION, OF JOHN'S BIRDS.

WATCH THEM DO TRICKS!

Garden City Fire Hall
602 Garden City Drive
Monroeville, PA 15146

YOU ARE WELCOME TO SIGN UP FOR FREE EMAIL NOTIFICATION OF PEAC CLASSES AND EVENTS. THIS CAN BE DONE ON THE HOMEPAGE.

MEMBERSHIP: Membership in PEAC is inexpensive. A single membership is only \$20.00 for a year. A family membership is only \$30.00 for a year. A benefit of membership is free or discounted admission on a variety of bird related classes and events, throughout the year. If you join PEAC at this class or discussion, your admission will be free.

Parrot Education & Adoption Center (PEAC) was established in 1996 and has affiliates in several states in the US. Its purpose is to promote education on topics related to the keeping of parrots and to rehome parrots that have lost their homes into appropriate new homes, where they will receive proper care. PEAC is approved by the IRS as a not-for-profit, public charity, under section 501(c)3 of the tax code. It is staffed entirely by volunteers. Donations to PEAC in monetary or material form, or as service performed, as well as expenses incurred in the conducting of PEAC activities, including vehicle mileage, may be tax deductible, depending on the specific circumstances.

PEAC – Pittsburgh, PA

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<http://www.pitpeac.org>

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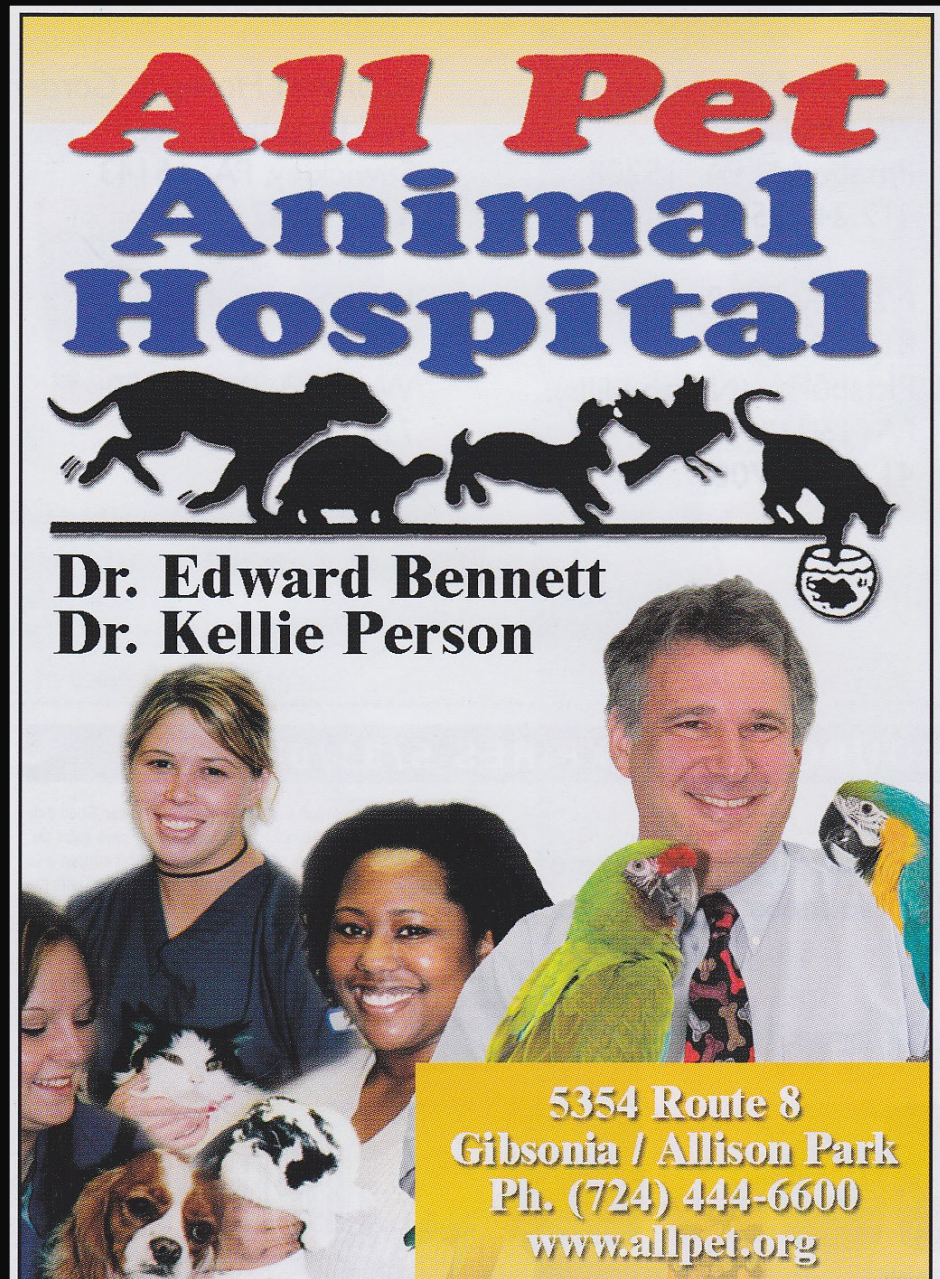
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All Pet Animal Hospital

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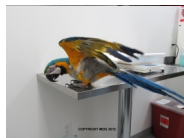
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Available for Adoption in Pittsburgh

Call 724-378-7588

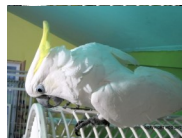
Or email info@pitpeac.org for more information on our adoptables!



Lieutenant



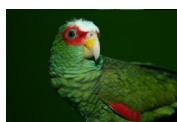
Major



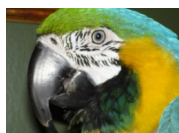
Tui Tui



Doug is a female orange-wing Amazon. She's a beautiful, somewhat shy bird who enjoys destructible toys and all kinds of fruits and veggies. She would love to become part of your family!



Sam is a Spectacled Amazon, also known as a White Front Amazon. This species is a smaller size Amazon parrot and known for its good nature and relative calm (for an Amazon!). He likes to eat veggies, blueberries, raw cranberries and raspberries and to just hang out, he's very intelligent.



Gigilo will love you forever, for free. At 21, he's old enough to drink in a bar but he won't start a rumble. He's a really sweet boy. He had some health concerns in his past, but is now signed off by our veterinarian. As he takes his time to get up to optimum condition, we hope some of his missing feathers will grow back.



Let this umbrella be your smile. Joonie is rather young...about 6, but she knows what she loves.....you (and herself)! She'll tell you so! She'll sing her, "la, la, la" song to you, as well. We have to warn you, though. She's so sweet and lovable, you'll want to spend lots and lots of time with her, but we wouldn't want you to get overstimulated,.....would we? So far, she has not been particularly loud, for a cockatoo!

THANKS TO OUR DONORS

We would like to extend a special thank you to the following individuals, organizations, and businesses that have donated to our Pittsburgh Chapter:

C&B Birds

Lisa Baker

Tammy Boka

Karen Brown

Jaye Cantagallo

Christine Ebken

John Fisher/Nationwide

Parrot Place Organization

L.H. Fuge, MD

Whendy Godich

Don and Marian Hayduk

Bob and Lorraine Kalcevic

Deborah Maliver

Jeff Morneweck

John O'Reilly

Terry Parrinello

Ellen Smith

Jennifer Traficante

Andrea Tillmann

Fran Weber



Congratulations to Big Bird and Calvin on their recent adoptions!

(continued from page 16)

Ideally a reward item can be consumed in a few seconds so as not to interrupt the flow of training and to stretch out foraging time. Making your bird work for what they want will help balance their lifestyle, prolong your healthy interaction, and limit the amount of high-fat items that they actually eat.

Inappropriate Pair Bonding

Should your pet bird view you more as a mate than a member of its flock, there is a greater risk of reproductive and behavioral problems. There are four main control points that we can use to encourage or discourage our bird's sex drive.

Diet

If the diet contains excess fat or simple carbohydrates or if there is a rich variety presented on a regular basis, this can support reproductive drive. See "Foundation Diet Recommendations."

Social interaction

Normally, most birds do not give each other extensive physical pleasure unless they are pairing up. Long petting sessions or touching your birds in sexually-stimulating ways will reinforce the perception of you as a willing mate. Regular amounts of shoulder time may also convey a perception of sexual intimacy with you.

Nesting sites

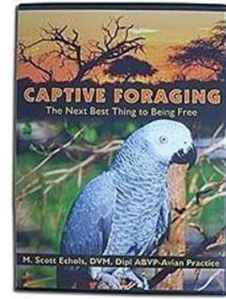
Reproductive readiness starts with certain external influences but is strengthened when a bird is able to carry out nuptial actions such as nest exploration or nest building. If your bird tends to explore cabinets, closets, clothes piles, or under furniture or bed covers, this activity should be curtailed and replaced with other activities such as foraging.

Photoperiod and sleep cycle

Variations in day length may affect reproductive drive. I recommend maintaining a consistent day length of 10 to 12 hours. You can place your bird in a small sleep cage at night if the cage is in a room where sleep may be interrupted. A sleep cage can be a small travel cage and needs only to have a perch and some water. Going to the sleep cage should be positively reinforced, particularly during the first uses.

Recheck appointments are vital for working through medical and behavioral problems. Please check with your veterinarian about when to schedule your bird's next appointment.

Suggested Resources



"Captive Foraging" DVD by Dr. Scott Echols. This DVD demonstrates the concept of foraging in a captive situation using homemade foraging toys and a foraging tree. The video can be purchased online at the [Bird Brain store](#).



The Ga-

bral Foundation's [Bird Brain store](#) is an excellent place to shop for training perches, foraging toys, and books and videos. Proceeds go to help the Gabriel Foundation's rescue and education efforts.

[Good Bird](#) is an excellent web resource and magazine dedicated to enriching the lives of captive birds.

BEHAVIOR+ WORKS
Improving the quality of life for all learners

Susan Friedman is a human and animal behaviorist in the Department of Psychology at Utah State University. She has taught veterinarians and bird owners alike about bird behavior. She offers online courses in [bird behavior and behavior modification techniques](#).

Kris Porter's [Parrot Enrichment](#) website is a treasure-trove of video clips and how-to articles (including two FREE e-books that she has written) that build upon positive reinforcement concepts.

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PEAC MEMBERSHIP DISCOUNTS

Check it out! The following companies are supportive of PEAC's work and have graciously offered to give PEAC members a discount on items ordered from them.

Note: PEAC does not particularly endorse any of the products sold on this page and is not liable for any damages resulting from the use of any of these products.

Advanced Avian Designs, Inc.
888-408-4967 - 10%

Artistic Avian Accessories
209-748-5631 - 10%

Avian Antics
734-782-5270 - 10%
www.AvianAnticsBirdToys.com
Coupon code: PEAC2010

Avian Gourmet
1-888-88-AVIAN
www.aviangourmet.com - 10%

AviTech, Inc.
1-800-646-BIRD - 10%
Bell Plastics
1-800-235-8265 - 20%

Birds by Donalee
520-574-7290
www.birdsbydonalee.com - 10%

Charlie Macaw
Companion Birdwear
800-704-3003
PEAC member price: \$19.50

Everything Birdie **NEW**
www.EverythingBirdie.com
15% off everything but cages
Use coupon code "peac"

Featherwear
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Feathered Follies - 10%
www.feathered-follies.com
925-681-2473

Firefly Studios
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Freeway Enterprises
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Grey Feather Toy Creations
www.GreyFeatherToys.com
866-355-5904 - 5%

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Hidden Forest Art Gallery
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www.gaminiratnavira.com - 10%

Manzanita Avenue
Fred Bird & Company
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Noah's Kingdom
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Parrot Island
952-928-9985
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www.parrotislandinc.com - 10%

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toys, food, perches, etc.

Premium Pet Kitchen
1-800-945-2451
20% off first order

PEAC MEMBERSHIP DISCOUNTS (continued)

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Puppy Paws

www.puppypaws.com

Coupon Code: PEAC - 15%

The Purring Parrot - 10%

619-223-2326

www.thepurringparrot.com

Rose's Pet Emporium

888-418-2269

www.rosespet.com - 10%

Scooterware

914-255-MOON

www.scooterware1.com - 10%

Southern Cross

941-283-3037- 10%

Sunrise Solutions/Hide N Sleep

303-469-4217 - 10%

White Wing Farms

360-942-3669

25% (write "PEAC member discount" on order form)

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Feathers - San Marcos

The Purring Parrot - Point Loma

20% discount, 1st time boarders

Cleveland Area Store

Pet Paradise - Willoughby

Anchorage Area Store

Alaska Mill & Feed

10% discount on companion bird food, toys, supplies, etc.

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Laguna del Lagarto Lodge

25% off prevailing room rates.

www.lagarto-lodge-costa-rica.com

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