Congratulations on adopting your new feathered companion. Here are a few basic recommendations we’ve compiled to guide you in becoming the best caregiver possible for your small parrot. We encourage you to continue your parrot care education with numerous resources available to provide optimum care, health and enjoyment for years to come.

Record for: ________________________________

(Forpus coelestis) Pacific Parrotlet

Health and record keeper
Bringing your Pacific Parrotlet Home

**Pacific Parrotlets are naturally green in color although mutations are extremely popular such as the yellow, fallow, albino, Isabel, and pastels**

Parrotlets do not possess the screaming abilities that other parrots do but this does not impede their intelligent, comical, curious and acrobatic character. The parrotlet being the tiniest of parrots in the world, they have a strong charismatic personality and a powerful beak for their size! Their character reveals one of a large parrot trapped in a small body & determined to prove to all they are worthy of the attention.

Parrotlets easily entertain themselves when offered occupational activities. Naturally gregarious they will thrive if provided an enriched and stimulating lifestyle, safe comfortable, spacious living quarters, a healthy diet and endless foraging opportunities.

Supervision is a must to make sure your parrotlet doesn’t take cover in a sofa or under a pillow or blanket trying to claim a territory, they are so tiny accidents can easily occur. Because of their size parrotlets can easily engage in flight exercise in your bird safe environment in your home but caution as they can quickly get into mischief.

They welcome challenging occupational therapy such as foraging toys and weaving materials. They enjoy daily misting or bathing, plenty of exercise and training. We recommend that you have your parrotlet sexed (blood sampling for DNA sex determination) to give you additional guidance for its future behavior and health preoccupations.

Parrotlets are reputed to have an expansive personality, despite their limited talking abilities. Compared to larger parrot species, their small size, quiet nature and relatively less destructive nature make these excellent feathered companions. They are extremely sociable birds but must be guided with loving discipline and training so they can understand the boundaries and what is expected from them. We encourage all new parrotlet caretakers and all members of the family to establish a healthy flock hierarchy within your home from start. With the participation of all members of the family, a relationship of tutor and child must be promoted and should not encourage one of mating companion. Allowing the avian companion to pair bond with human flock member can have undesirable consequences (contribute to unfavorable behaviors such as screaming and biting).

**“Versatile living quarters” for your Pacific Parrotlet**

In order to prevent cage bonding and territorialism, your bird should be equipped with a variety of habitats to provide versatility throughout the day and a distinct retreat for the night. This will also challenge him mentally, prompting and encouraging his instincts for adaptability and independence. Unfortunately many birds are not provided with versatile living quarters, regrettably living in a single cage dwelling day and night can have irreversible consequences that often lead to hormonally triggered undesirable behaviors and health concerns.

**Day Cage**

The day cage is perhaps the most important investment you can make. It should be a spacious, stimulating environment allowing for plenty of light and air. Ideally the space within the day cage (actual total useable area to allow some exercise especially if this will be the only living quarters) or as large as you can accommodate within your living space. The dimensions can vary based on the design of the cage and the other living quarters offered.

An exercise gym and a separate training stand are also recommended.

**Sleeping Cage**

Your bird should also be provided with a sleeping cage, covered at night and placed in a quiet retreat within your home to allow undisrupted sleep for your feathered companion. A “starter” cage, purchased for weaning and fledgling chicks can always be converted to the sleep (or boarding) cage once is not longer needed for its original purpose. It is recommended that caregivers provide their parrotlet with 10-12 hours of undisrupted sleep to maintain a healthy lifestyle. You’d be surprised at how quickly undesirable behaviours can be managed and eventually modified when your pet is provided with a comfortable and secure night-time retreat. To promote an undisturbed sleep, the sleeping cage should be covered at night and located in a quiet and safe location, away from disturbances and predators (i.e. cat or dog, family entertainment room, and/or electrical devices that can make sudden noises (furnace, refrigerator).

**Socialization**

It's also important to socialize your bird. A well-socialized parrotlet is curious and gregarious, takes an interest in its surroundings and thrives on attention. To help socialize your pet, you might want to consider taking him along to family events or for strolls through your neighbourhood. This can be achieved through the use of an avian transport cage or parrot backpack.

Avian flight harnesses are not recommended for this extremely small species. Partial flight feather grooming should be discussed with your avian veterinarian, as this may be necessary to prevent an accidental uncontrolled flight injury should your bird not have a bird proof room to fly in.

**Visual Enrichment**

"Bring" the flock to your feathered companion with videos intended for this purpose. Numerous amounts of wild bird footage has been compiled for companion parrots to virtually participate in social flock vocalization and communication. This boredom buster will also encourage & teach foraging skills, preening activities and social hierarchy.

**Transportation**

Another method of transporting your parakeet is by the use of an avian transport carrier. From his first car ride to his new home, to annual vet check-up, to grooming appointments, to “play dates” with other feathered friends - a carrier plays an essential role.
My Pacific Parrotlet Profile and Health Records

These forms and charts can help you record and monitor your bird's specific lifestyle, the care you are providing and the relationship he has with his family, flock and environment. These details of your parrotlets’ life can provide valuable information to your veterinarian, bird sitter or future adoption family. Should your pet require hospitalization or boarding, a copy of your birds profile will be useful to the clinic or bird sitters. The answers to these questions could be valuable when consulting for medical and behavioural concerns. The complex nature of these birds should not be limited to these questions. We encourage you to add as much information as possible to your parrot’s profile forms. Conserve this information along with the birth certificate, feathers, photos and any health related documents.

INFORMATION

Name: ____________________________ Hatching date: ____________

This bird was rehomed with limited information available: ☐

Species: ____________________________

Band #: ☐ Opened ☐ Closed ____________________________

Microchip #: ____________________________

Breeder: ____________________________

Average weight: ____________ g Sex: ☐ M ☐ F ☐ Unknown

Sexing Method (parrotlets are dimorphic and can easily be sexed by the dark blue color streaks near their eyes, under carriage of their wings and feathers on their backs. Mutations can be more difficult to identify): ☐ Sexual dimorphism ☐ Has layed eggs

History (source, previous owners, quarantine, parent ID, etc.): ____________________________

EXAMINATION

Tested for: ☐ Polyomavirus ☐ Pacheco's Virus ☐ Psittacose Chlamydia ☐ EBV ☐ Borna: Type ______________

Sample taken from: ☐ Feathers ☐ Blood ☐ Nail ☐ Vein ☐ Environmental swab ☐ Droppings

Samples submitted by: ____________________________ To which lab: ____________________________

Past vaccinations: (register and conserve all documents): ☐ Polyoma ☐ Pacheco’s

Diet provided - specify as much detail as possible (quantity eaten, brands, frequency offered, etc.)

☐ Formulated diet: ____________________________________________________ / ________ %

☐ Sprouting grains, seeds, nuts: ___________________________________________ / ________ %

☐ Veggies & fruits: ____________________________________________________ / ________ %

☐ Supplements (vitamins / calcium): ________________________________________ / ________ %

Water source & quality: ____________________________________________________ Daily Intake: ________ ml

MEDICAL HISTORY

Check-mark the following (if your parrotlet has previously encountered & required medical attention for):

☐ Respiratory problems ☐ Bacterial infections ☐ Allergic reactions

☐ Egg binding or related peritonitis ☐ Feather damaging behaviour ☐ Parasitic infection

☐ Bumble foot / pododermatitis ☐ Eye infection ☐ Intoxication

☐ Yeast / mycosis infections ☐ Cloacal papillomas ☐ Skin disorder

☐ Ear infection ☐ Trauma ☐ Fractures

☐ Others: ____________________________

Which avian veterinarian have you consulted: ____________________________ Clinic: ____________________________

Tel #: ____________________________ Yearly visits: ☐ Yes ☐ No Frequency: ____________________________
ENVIRONMENT

**Day cage dimensions:**
- Length: ___________
- Width: ___________
- Height: ___________
- Cage manufacturer: ___________________________
- Model: ___________________________

**Sleeping cage dimensions:**
- Length: ___________
- Width: ___________
- Height: ___________
- Cage manufacturer: ___________________________
- Model: ___________________________

☐ Sleeping cage is covered at night
☐ Night light is provided near sleeping quarters

**Does your parrot have** (check all that apply):
- Activity center
- Play gym
- Activity tree
- Bird safe room
- Other Cage
- Flock lifestyle in bird safe room

**Types of perches available:**
- Plastic
- Polyresin
- Java/Manzanita
- Concrete/Self Grooming
- Cotton rope
- Ergonomic
- Natural branches (specify type of wood):

**Pesticide free:**
- Yes
- Unknown

**Are the perches of varied dimensions:**
- Yes
- No

**Does your parrot get**:
- Showered
- Bathed
- Misted?
- Frequency & enjoyment:

**Is basking lamp available for post misting / showering / bathing moments?**
- Yes
- No

**How many times a week?**
- ___________

**How long for each basking session?**
- ____________ min

**Exposure to natural sunlight:**
- Yes
- No

**Full spectrum lighting:**
- Yes
- No

**Number of hours per day:**
- ____________

**The number of hours of undisturbed sleep per night:**
- ____________

**Number of hours of daytime nap:**
- ____________

**Is the cage covered for the night?**
- Yes
- No

**Do you retreat your bird to a sleeping cage at night?**
- Yes
- No

**Access outside of the cage unsupervised:**
- Yes
- No

**Does your parrot have a cage mate?**
- Yes
- No
  - if yes, since when? ____________
  - what species? ____________

**Are they reproductively active?**
- Yes
- No
  - if yes, since when? ____________

**Are there other birds in your household?**
- Yes
- No
  - If yes, specify number:

**Do you use hazardous detergents / appliances / products in your home?**
- Yes
- No

If yes, which ones:
1. ____________
2. ____________
3. ____________
4. ____________
5. ____________
6. ____________

**Potentially toxic plant species in your home:**
- Yes
- No

If yes, which ones:
1. ____________
2. ____________
3. ____________
4. ____________
5. ____________
6. ____________

**Is your family or parrot sitter familiar with potentially toxic & hazardous materials?**
- Yes
- No

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**The weaning cage can be used as a sleeping cage or retreat quarters to provide quiet and peaceful environment for the bird.**

1. Accessorizing the cage with cotton rope perch provides a comfortable foot rest and stable grip.
2. White paper liner at the bottom of the cage is recommended for daily monitoring of the droppings.
3. Extruded diet and water dish solely provided (ideally, no enrichment foods).
4. No toys within nor activity gym on top of the cage.
BEHAVIOUR AND CHARACTER TRAITS

Biting: □ Yes □ No
Frequency: □ Rarely □ Occasionally □ Frequently
With whom & under what circumstances?
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Screaming: □ Yes □ No
Frequency: □ Rarely □ Occasionally □ Frequently
Under what circumstances?
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Talking abilities: □ Yes □ No
Number of Words: ___________ Vocabulary: ___________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Language(s) understood:

Weave when offered weaving material? □ Yes □ No

Towel trained and comfortable wrapped in a towel (in case of an emergency intervention)? □ Yes □ No

Caretaker is familiar with signs of distress, illnesses and basic first aid techniques? □ Yes □ No

Enjoys visual enrichment such as: □ Television, □ radio, □ windows specify: __________________________

Is your parrotlet trained to step up on a scale perch for weight monitoring? □ Yes □ No

Frequency of weight monitoring:

Do you record the weight of your bird? □ Yes □ No

Feather damaging behaviour: □ Yes □ No
Where and since when: ____________________________________________________________

Do you bring your bird outdoors? □ Yes □ No
Do you use a harness? □ Yes □ No

Does your bird have an outdoor flight cage? □ Yes □ No

Are flight feathers groomed? □ Yes □ No
Frequency & degree (# of flight feathers equally on each side): __________________________

Does your parrotlet perform tricks? □ Yes □ No
Explain: __________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Behaviour around children: __________________________________________________________
Behaviour around strangers: _________________________________________________________
Behaviour around other birds: _______________________________________________________ 
Behaviour around other animals: _____________________________________________________

Weight monitoring is recommended at least once a week to monitor health and evaluate the dietary needs, prevent obesity and adjust the exercise program of your feathered companion. For more accuracy, always weigh your bird in the morning before his first meal. If you note a significant weight loss over a short period of time, consult with your avian health professional for advice.
Buyers Guide

Your new feathered companion will bring years of joy to your life. It is your responsibility to make sure your bird enjoys a healthy, happy lifestyle. Use this handy checklist to help you keep track of necessary equipment, treats and toys.

The checklists have been divided into five categories, Nutrition & Supplements, Cage & Cage Accessories, Toys & Exercise, Perches, and Health & Training. Each category provides a detailed list of products that are key to providing a long and healthy life for your bird. Not all items are required at all life stages of your bird. The following legend is simply there to guide you with your future purchases and can be kept as a reminder of what you have on hand and will need/want in the future.

<table>
<thead>
<tr>
<th>ESSENTIAL</th>
<th>NEEDED</th>
<th>OPTIONAL</th>
<th>DAY</th>
<th>NIGHT</th>
<th>CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential items are an absolute must at the time of acquiring or adopting your bird.</td>
<td>Needed items should be provided to your bird over time as lifestages, agility and dexterity progress in order to offer an optimal lifestyle.</td>
<td>Optional items are suggestions and may be required according to your and your bird’s lifestyle, interests and choice needs.</td>
<td>Recommended for use in your bird’s day cage. A separate day and night dwelling will favor versatility, prevent cage bonding, territorial behaviors and hormonal activity.</td>
<td>Recommended for use in your bird’s sleeping cage. A distinct, separate sleeping cage is recommended to provide optimal rest and versatility.</td>
<td>Care items are indispensable and should be considered in order to provide responsible health monitoring, first aid assistance and behavioral training.</td>
</tr>
</tbody>
</table>

### NUTRITION & SUPPLEMENTS

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<tr>
<th>OPTIONS</th>
<th>ESSENTIAL</th>
<th>NEEDED</th>
<th>OPTIONAL</th>
<th>DAY</th>
<th>NIGHT</th>
<th>CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Extruded diet (Tropican)</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>□ Enrichment diet (Tropimix)</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>□ Seed mix</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
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<tr>
<td>□ Vitamin / mineral supplement (Prime)</td>
<td></td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>□ Cuttle bone &amp; beak conditioner</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>□ Oyster shell</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
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<tr>
<td>□ Probiotics</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>□ Mealworms (live or canned)</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
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<td></td>
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<tr>
<td>□ Clay supplement (Clay-cal)</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>□ Spray millet</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
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<tr>
<td>□ Charcoal</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>□ Healthy treats</td>
<td>x</td>
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<td></td>
<td></td>
<td>x</td>
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</tbody>
</table>
# Buyers Guide

## CAGE & CAGE ACCESSORIES

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<th>OPTIONS</th>
<th>ESSENTIAL</th>
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<th>OPTIONAL</th>
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<th>NIGHT</th>
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<tbody>
<tr>
<td>Day cage</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Sleeping cage (weaning cage)</td>
<td>x</td>
<td></td>
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</tr>
<tr>
<td>Cage cover</td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Sleeping tent</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
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<tr>
<td>Food dishes for formulated or seed diet</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Stainless steel / ceramic dishes (water and soft food)</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Water bottle</td>
<td></td>
<td>x</td>
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<tr>
<td>Cage bottom paper liner (or litter if grill is used)</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
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<tr>
<td>Seed Guard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td></td>
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<tr>
<td>Food clip / Skewers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
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</tr>
<tr>
<td>Sand perch covers</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Mirror</td>
<td></td>
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<td></td>
<td></td>
<td>x</td>
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<tr>
<td>Bird pacifier</td>
<td></td>
<td></td>
<td></td>
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<td>x</td>
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<tr>
<td>Bird room accessories (ropes etc)</td>
<td>x</td>
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<td></td>
<td></td>
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<tr>
<td>Nesting material &amp; nest</td>
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<td></td>
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<td>Full spectrum lighting</td>
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<tr>
<td>Water misting bottle</td>
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<td></td>
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<td>x</td>
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<tr>
<td>Bird Bath</td>
<td></td>
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<td></td>
<td></td>
<td>x</td>
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<tr>
<td>Shower Perch</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
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<tr>
<td>Post misting basking lamp</td>
<td>x</td>
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## TOYS & EXERCISE

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<tr>
<td>Transporter (carrier)</td>
<td>x</td>
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<td>x</td>
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<tr>
<td>Training stand</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Flight harness</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
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<tr>
<td>Activity center/ play gym</td>
<td></td>
<td></td>
<td>x</td>
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<tr>
<td>Outdoor flight</td>
<td></td>
<td></td>
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<tr>
<td>Bird stroller or back pack for travelling</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
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<tr>
<td>Exercise toys (swing, net, bouncing perch)</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
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<tr>
<td>Elementary foraging materials</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Intermediate foraging toys</td>
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<td>x</td>
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<td>Foraging box &amp; foot toys</td>
<td>x</td>
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<td>Advanced foraging toys</td>
<td>x</td>
<td>x</td>
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<td>Educational toys</td>
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<tr>
<td>Destructible toys</td>
<td></td>
<td>x</td>
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<td></td>
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<td>x</td>
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<tr>
<td>Indestructible toys</td>
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## PERCHES

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<th>ESSENTIAL</th>
<th>NEEDED</th>
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<th>DAY</th>
<th>NIGHT</th>
<th>CARE</th>
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<tbody>
<tr>
<td>Natural branch perch</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Rope perch</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
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<tr>
<td>Plastic perch</td>
<td>x</td>
<td></td>
<td></td>
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<tr>
<td>Self-grooming perch</td>
<td></td>
<td>x</td>
<td></td>
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<td>x</td>
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<tr>
<td>Ergonomic perch</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Manzanita / java perch</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>x</td>
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<tr>
<td>Wooden dowel perch</td>
<td></td>
<td></td>
<td></td>
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<td>x</td>
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<tr>
<td>Rope bouncing perch</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
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### HEALTH & TRAINING

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<th>NEEDED</th>
<th>OPTIONAL</th>
<th>DAY</th>
<th>NIGHT</th>
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<td>Auditory &amp; visual enrichment (DVDs, CDs)</td>
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<td>Emergency first aid kit</td>
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<td>Weight monitoring scale &amp; Perch</td>
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<td>Rotary tool, cutter, nail file (nail grooming)</td>
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**My parrot’s weight chart**

**Why is this Important?**

A responsible avian caretaker’s health management program should include weekly weight monitoring. Keeping records of your companion’s weight might highlight a health concern or suggest a diet re-evaluation. Furthermore, a weight management program can guide you to be proactive with your bird’s exercise program. Should your bird suffer from any illness, this data keeping will help your veterinarian to quickly evaluate the condition of your bird.

**Chick’s primary lessons**

This primary lesson progress chart is intended to be used along with the EARLY PARROT EDUCATION PROGRAM. Caretakers should be knowledgeable and skilled to mentor and ensure the safety and well being of the bird throughout these lessons.

To learn more about the Early Parrot Education Program, visit www.hari.ca/avian-care/early-parrot-education/

**My parrot’s body & mind chart**

Should your avian companion start an undesirable or unusual behavior, use this chart as a preliminary assessment of the potential cause of the behavioral change. Before rushing to your avian vet, be sure to answer all questions and then take them along with you. You will probably save valuable time, energy and money by understanding your companion’s behavioral condition.

You might wonder about questions in the charts, after all your bird’s problem is behavioral and we are asking you questions relating to health and essentials care. The reason is quite simple, the body and the mind are intertwined so tightly that one doesn’t go without the other. Just think of how you can act differently when you are not eating or sleeping properly for awhile, sometimes what you need is not a psychologist’s help but a nutritionist’s help or simply a new mattress!

We’ve tried to cover all angles but remember that nobody knows your companion as much as you do, feel free to add any other questions and comments you think are important and pertinent. It might be a good idea to consult with a behaviorist but take the time to reflect upon the situation and try to analyze it yourself first. Sometimes, just putting things on paper helps us to understand things that seemed incomprehensible before, perhaps you might find the answer to your problem relatively easily.