

My Quaker | *Health and record keeper*



(*Mysopsitta monachus*)



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: _____

Bringing your Quaker Home

Quakers have an impressive aptitude for learning. They are energetic, curious, naturally gregarious and will thrive if provided an enriched and stimulating lifestyle, optimal health care, safe comfortable and spacious living quarters (housing) and a healthy diet.

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



Quaker parakeets are reputed to have an expansive personality and some can even learn to be good talkers. 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 quaker 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 Quaker Parakeet

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 should be at least 10 times the size of your bird with its wings opened or as large as you can accommodate within your living space.



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 uninterrupted 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 quaker parakeet with 10-12 hours of uninterrupted 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 nighttime 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 bird 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 harness such as the “Aviator”, bird stroller, or parrot backpack.



We strongly recommend that you begin desensitizing your bird to an avian harness at a young age (X-small for quakers). Partial flight feather grooming should also be discussed with your avian veterinarian, as this may be necessary to prevent any accidental uncontrolled flight.

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 Quaker 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 quakers` 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: _____ **Latin name:** _____

Band #: Opened Closed _____ **Physical characteristic of ID:** _____

Microchip #: _____ **Chip manufacturer:** _____

Breeder: _____ Captive bred **Neonate diet fed:** _____

Average weight: _____ g Sex: M F Unknown

Sexing Method: Sexual dimorphism DNA Surgical sexing Has layed eggs

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

EXAMINATION

Tested for: Polyomavirus Pacheco's Virus Psittacose Chlamydia PBFD **Borna:** Type _____

Sample taken from: Feathers Blood Nail Vein Environmental swab Droppings

Samples submitted by: _____ **To which lab:** _____

Past vaccinations: (register all records 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 quaker has previously encountered & required medical attention for):

<input type="checkbox"/> Respiratory problems	<input type="checkbox"/> Bacterial infections	<input type="checkbox"/> Allergic reactions
<input type="checkbox"/> Egg binding or related peritonitis	<input type="checkbox"/> Feather damaging behaviour	<input type="checkbox"/> Parasitic infection
<input type="checkbox"/> Bumble foot / pododermatitis	<input type="checkbox"/> Eye infection	<input type="checkbox"/> Intoxication
<input type="checkbox"/> Yeast / mycosis infections	<input type="checkbox"/> Cloacal papillomas	<input type="checkbox"/> Skin disorder
<input type="checkbox"/> Ear infection	<input type="checkbox"/> Trauma	<input type="checkbox"/> Fractures
<input type="checkbox"/> Others: _____		

Which avian veterinarian have you consulted: _____ **Clinic:** _____

Tel #: _____ **Yearly visits:** Yes No **Frequency:** _____

My Quaker Profile and Health Records

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

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.

My Quaker Profile and Health Records

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 quaker 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 quaker perform tricks? Yes No **Explain:** _____

Behaviour around children: _____

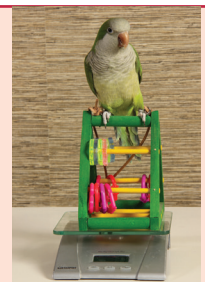
Behaviour around strangers: _____

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.

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

NUTRITION & SUPPLEMENTS

	OPTIONS	ESSENTIAL	NEEDED	OPTIONAL	DAY	NIGHT	CARE
<input type="checkbox"/>	Extruded diet (Tropicana)	X			X	X	
<input type="checkbox"/>	Enrichment diet (Tropimix)	X			X		
<input type="checkbox"/>	Seed mix	X			X	X	
<input type="checkbox"/>	Vitamin / mineral supplement (Prime)			X	X		X
<input type="checkbox"/>	Cuttle bone & beak conditioner	X			X		
<input type="checkbox"/>	Oyster shell			X	X		
<input type="checkbox"/>	Probiotics			X	X		X
<input type="checkbox"/>	Mealworms (live or canned)			X	X		
<input type="checkbox"/>	Clay supplement (Clay-cal)			X	X		X
<input type="checkbox"/>	Spray millet	X			X		X
<input type="checkbox"/>	Charcoal	X			X		X
<input type="checkbox"/>	Healthy treats		X		X		

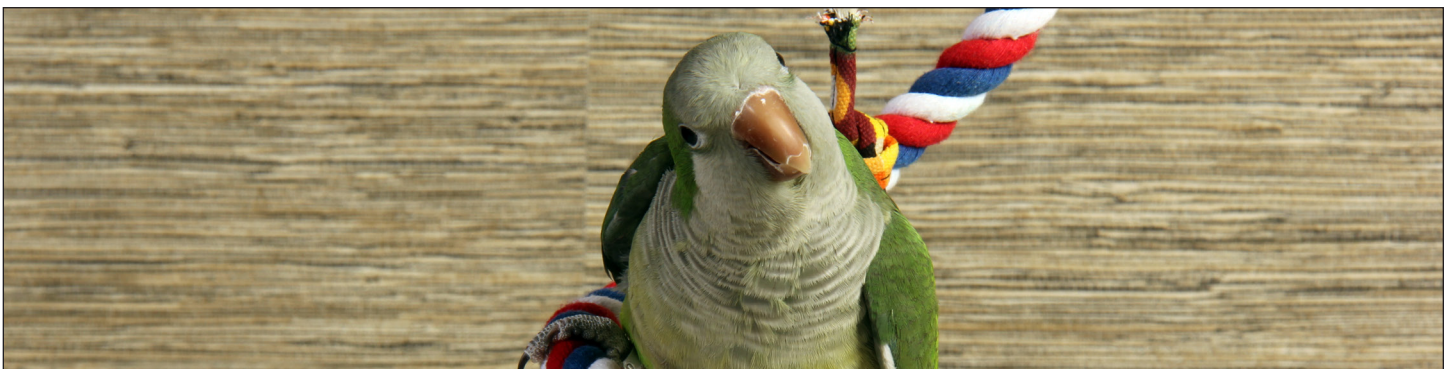


Buyers Guide



CAGE & CAGE ACCESSORIES

	OPTIONS	ESSENTIAL	NEEDED	OPTIONAL	DAY	NIGHT	CARE
<input type="checkbox"/>	Day cage		X		X		
<input type="checkbox"/>	Sleeping cage (weaning cage)	X			X	X	X
<input type="checkbox"/>	Cage cover		X		X	X	
<input type="checkbox"/>	Sleeping tent			X		X	
<input type="checkbox"/>	Food dishes for formulated or seed diet	X			X	X	
<input type="checkbox"/>	Stainless steel / ceramic dishes (water and soft food)	X			X	X	
<input type="checkbox"/>	Water bottle		X		X	X	
<input type="checkbox"/>	Cage bottom paper liner (or litter if grill is used)	X			X	X	
<input type="checkbox"/>	Seed Guard			X			
<input type="checkbox"/>	Food clip / Skewers		X				
<input type="checkbox"/>	Sand perch covers			X	X		
<input type="checkbox"/>	Mirror			X	X		
<input type="checkbox"/>	Bird pacifier			X	X		
<input type="checkbox"/>	Bird room accessories (ropes etc)	X	X		X		
<input type="checkbox"/>	Nesting material & nest		X				
<input type="checkbox"/>	Full spectrum lighting			X	X		
<input type="checkbox"/>	Water misting bottle			X	X		
<input type="checkbox"/>	Bird Bath			X	X		
<input type="checkbox"/>	Shower Perch			X	X		
<input type="checkbox"/>	Post misting basking lamp		X		X		X



Buyers Guide |

TOYS & EXERCISE

	OPTIONS	ESSENTIAL	NEEDED	OPTIONAL	DAY	NIGHT	CARE
<input type="checkbox"/>	Transporter (carrier)	X					X
<input type="checkbox"/>	Training stand			X			
<input type="checkbox"/>	Flight harness			X			
<input type="checkbox"/>	Activity center/ play gym			X			
<input type="checkbox"/>	Outdoor flight			X			
<input type="checkbox"/>	Bird stroller or back pack for travelling			X			
<input type="checkbox"/>	Exercise toys (swing, net, bouncing perch)		X		X		
<input type="checkbox"/>	Elementary foraging materials	X		X	X	X	
<input type="checkbox"/>	Intermediate foraging toys		X	X			
<input type="checkbox"/>	Foraging box & foot toys		X		X		
<input type="checkbox"/>	Advanced foraging toys		X		X	X	
<input type="checkbox"/>	Educational toys			X	X		
<input type="checkbox"/>	Destructible toys			X	X	X	
<input type="checkbox"/>	Indestructible toys			X	X		



PERCHES

	OPTIONS	ESSENTIAL	NEEDED	OPTIONAL	DAY	NIGHT	CARE
<input type="checkbox"/>	Natural branch perch	X			X	X	
<input type="checkbox"/>	Rope perch	X			X	X	X
<input type="checkbox"/>	Plastic perch	X			X	X	X
<input type="checkbox"/>	Self-grooming perch			X	X		
<input type="checkbox"/>	Ergonomic perch	X			X	X	
<input type="checkbox"/>	Manzanita / java perch			X			
<input type="checkbox"/>	Wooden dowel perch			X			
<input type="checkbox"/>	Rope bouncing perch		X		X		

HEALTH & TRAINING

	OPTIONS	ESSENTIAL	NEEDED	OPTIONAL	DAY	NIGHT	CARE
<input type="checkbox"/>	Feather conditioner			X	X		
<input type="checkbox"/>	Auditory & visual enrichment (DVDs, Cds)			X	X		
<input type="checkbox"/>	Emergency first aid kit		X				X
<input type="checkbox"/>	Weight monitoring scale & Perch	X					X
<input type="checkbox"/>	Rotary tool, cutter, nail file (nail grooming)			X			X
<input type="checkbox"/>	Reference books and DVDS		X				

Lifestyle Monitoring Charts...

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.

MY PARROT'S WEIGHT CHART

DOB: _____

WEIGHT: _____

FOOD: _____

Notes: _____

MONTH	WEIGHT	MONTH	WEIGHT	MONTH	WEIGHT
Jan		Apr		Jul	
Feb		May		Aug	
Mar		Jun		Sep	
Oct		Nov		Dec	

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/

CHICK'S PRIMARY LESSONS

YOUR LOGO: _____

NAME: _____

DATE: _____

WEIGHT: _____

FOOD: _____

Notes: _____

AVIAN OCCUPATIONAL SKILLS	PROGRESS	DATE
Disassemble to different extent various types of foods		
Placing with feet over food around the rack & placing on top without touching food		
Flap, jump or land on a perch		
Recognize and land		
Control or head, wing position		
Recognize or land on food, cabinet		
Recognize or land on various surfaces		
Stop action for weight monitoring		
Inspection of feet with & without sight		
Inspection of the feet on the wings		
Use of perches		

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 companions 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.

FULL BODY & MIND CHART

NAME: _____

DOB: _____

WEIGHT: _____

FOOD: _____

Notes: _____

1. How often does your parrot...? Never Rarely Sometimes Often Always

2. How often does your parrot...? Never Rarely Sometimes Often Always

3. How often does your parrot...? Never Rarely Sometimes Often Always

4. How often does your parrot...? Never Rarely Sometimes Often Always

5. How often does your parrot...? Never Rarely Sometimes Often Always

6. How often does your parrot...? Never Rarely Sometimes Often Always

7. How often does your parrot...? Never Rarely Sometimes Often Always

8. How often does your parrot...? Never Rarely Sometimes Often Always

9. How often does your parrot...? Never Rarely Sometimes Often Always

10. How often does your parrot...? Never Rarely Sometimes Often Always