



My Parrot's Body and Mind Chart

How to Identify Unwanted or Unusual Bird Behaviours

There is no such thing as a bad bird. But like people, some birds need help and guidance in order to correct their behaviour. How do you know what is causing the problems?

Before you rush off to hire an Avian Consultant, you will want to spend some time identifying the causes of the unwanted behaviour. In order to be as thorough as possible, there are a series of health and essential care related questions that you need to consider.

"Why?" you might ask. Simply put, the body and mind are intertwined so tightly that one doesn't function without the other. Just think of how you may act differently when you are not eating or sleeping restfully. Logically, you would seek the advice from a physician or perhaps a nutritionist. And, just maybe the answer to your problem is that you simply need a new mattress!

Regardless, to determine what's going on and whose advice you need, you will ask yourself a series of questions– the process is the same for your bird when he displays unwanted or unusual behaviour.

We have tried to cover all topics; however, anything additional you feel that might be important should be noted. No one knows your companion as well as you. By completing the assessment, and with consideration of your observances, you may have a better direction when seeking solutions. In the event that you are unable to redirect and correct "bad" behaviours, you should consult with your avian veterinarian or possibly an avian consultant for guidance.

Use this chart as an assessment tool to help determine the potential cause(s) of the behavioural change(s) in your companion bird.

Avian species: _____ **Acquired at what age:** _____

Number of years under your care: _____

Prior history and origin:

Captive bred Wild caught Unknown Bought from pet store Directly from breeder Acquired through a refuge

Additional information: _____

What is the age of your avian companion: _____ Confirmed Unknown

What is the sex of your companion: Male Female Confirmed Unknown

Most recent veterinarian exam: _____

What is the specific behaviour that would need modification?

Screaming Biting Feather damaging activity Aggressiveness Territoriality
 Reluctance to interact as before Other behaviour: _____

When was this behaviour first noticed? _____

What is the frequency of this behaviour? _____

Does this behaviour occur when the bird is alone? Yes No Unknown

In the presence of whom in particular does this behaviour occur?

Yourself Spouse Children Friends Strangers Women Men Other feathered companions

Is there anyone who objects to the presence of this bird in your home? Yes No

How many hours without human interaction does the bird spend on average per day? _____

My Parrot's Body and Mind Chart

Has anything changed in your bird's immediate environment?

Cage Cage location Cage set-up New cage accessories (mirrors, toys, etc)

Has anything changed exterior to the cage?

New décor Paint colour The addition of a new animal statue New ceiling fan New T.V or Radio Ticking clock
 New cage accessories (mirrors, toys, etc) A reflection that was not present before (window, mirror, stainless steel) A new pet Other: _____

Has the energy within your home changed?

Unusual quietness Increased stress Unusual conflicts Quarreling Medical condition affecting a member of the family
 A pregnancy underway A new child Training of a new puppy Other: _____

Has anyone's schedule changed within the home? Yes specify: _____ No

Have there been new or unusual disturbances outside your home such as?

Excavation Construction Spraying of pesticide Renovations in the apartment adjacent or above your home
 A stray cat sitting on the window sill beside the cage Neighbour's new dog Other: _____

Has there been a change in the bird's nutrition? Yes specify: _____

At what time are the treats offered (soft foods, seeds, fruits and veggies):

Morning Meal times Evening None offered

What does your bird eat? (list what it really consumes and not what you offer him)

Pellets: Yes What brand? _____ Amount of it's daily total intake: _____ No
Seeds: Yes Percentage of its daily total intake: _____ What kind? _____ No
Nuts: Yes Percentage of its daily total intake: _____ What kind? _____ No
Fruits: Yes Percentage of its daily total intake: _____ What kind? _____ No
Vegetables: Yes Percentage of its daily total intake: _____ What kind? _____ No
Cereal, pasta, rice and bread: Yes Percent of its daily total intake _____ What kind? _____ No
Other: _____ Percentage of its daily total intake: _____ What kind? _____
Could his diet be too high in caloric energy? Yes No

Are there any new members in the bird's perception of the flock? Yes No

Any new people interacting or (now integrated) within the flock? Spouse Child New pet

Has a member of the "flock" departed: Yes specify: _____ No

Has the bird experienced an unpleasant event recently:

Shock Trauma Boarding Treatments Hospitalization Uncontrolled flight accident
 Encounter with something threatening Other: _____

Have you made a radical change to your appearance?

New hair colour Nail colour Glasses Other: _____

Have you noticed if your bird seems fearful or cautious toward certain colours: Yes specify: _____
_____ No

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Have the bird's nails been groomed too short and does he have difficulty gripping on the perch or remain stable on your arm? (overly groomed nails prevent agility, stability, and confidence). Yes No

Flight feathers trimmed: Yes Number of primary flight feathers trimmed: _____ Fully flighted: Yes No

Were the flight feathers trimmed at the same time as the nail grooming? Yes No

Are there any stress bars apparent on the feathers: Yes Approx. # _____ No Unknown

Additional observations (check if your parrot usually engages in, has or is): Preening normally Bathing or showering

Vocalizing Unusually quiet Normal activity level Pupils dilating normally Responsive Bright & alert

What kind of independent activities does your bird engage in? Explain: _____

Does your bird have occupation therapy toys, destructible materials and/or foraging toys? Yes specify: _____ No

Are basic training commands being used (ex. Step up/down)? Yes specify: _____ By whom? _____ No

How is the bird's interactive playtime? Attentive Reluctant Nervous Distracted Confident Playful Not interested

Do you spend as much time as before playfully interacting? Yes specify: _____ No

Do you have the same approach, attitude, intonation as before with your bird? Yes No

When approaching your bird are you now? Impatient Overwhelmed Fearful Frustrated Confident
 Determined Calm

On average, how many hours per day does your bird spend outside the cage? _____ # hours

Does the bird have boundaries to respect within the home? Yes No

Could your pet be experiencing reproductive/mating behaviour: Yes No Unsure

Where on your bird's body do you usually pet? Everywhere Neck Back Under the wings Tail

Is panting observed when it is pet in this fashion? Yes No

Could your pet be interpreting your relationship as pair bonding? Yes No Maybe

Has your bird demonstrated signs of eagerness to construct a nest? Yes No

Does your bird have? A nest box Cardboard box Tent or Other (resembling a nest cavity)

Is the nest cavity in perfect condition? Yes No

Is your bird exposed to natural sunlight? Yes No

Is it exposed to a full spectrum light daily? Yes _____ # hours No

Are the fluorescents getting old (>1 yr)? Yes No

Are they flickering? Yes No

Do they make a buzzing sound? Yes No

How many hours of uninterrupted sleep does your pet really get per night? _____

Are there any household members that might be making excessive or alarming noise at night near the bird's sleeping quarters or during the bird's routine sleeping hours? Specify: _____

Is your bird covered at night or sleeping in a dark room? Yes No

Does your bird have a different sleeping cage? Yes No

Does your bird have night frights? Yes No Unknown

How much time will you be able to devote to changing the behaviour: _____

Is everyone within your flock willing to aid in this behaviour assessment and eventual modification program? _____