

WEIGHT CHECKS

Weighing your bird regularly is essential in monitoring health. Parrots are masters at hiding illness and with all of their feathers it's difficult to see serious weight loss (or weight gain).

If you haven't already, bring your bird in for their annual wellness at their avian savvy veterinarian. Your veterinarian will be able to do a body condition score (BCS) to assess whether your bird is within its ideal weight range. Establishing this baseline facilitates accurate monitoring of weight trends over time.

If your bird has unexpectedly lost 10% in body weight it's time to see your vet.



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SCALE SET UP



We measure a parrot's weight in grams. The type of scale used should be a digital gram scale with a flat surface.

TRAINING OVERVIEW



STEP 1

Many parrots are wary of anything new in the environment. The first step will be to acclimate your parrot to the scale.

Place the scale in an area you and your parrot spend time in. It should be close enough for your bird to see and far enough to not scare them.

Aim for a location that your bird can reach as the next step will encourage investigation.



STEP 2

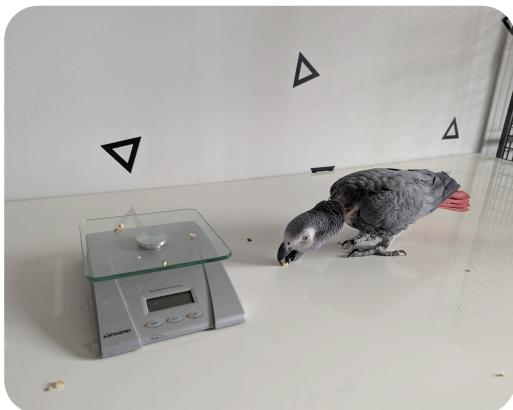


After a few days of your parrot getting familiar with the scale place some treats on and around it. The goal is to create a positive association with the scale by adding something your bird loves.

STEP 3

Allow your bird to eat the treats around and on the scale.

Remember: Your parrot is the one to choose to explore the scale, it is important to not force the interaction.



Some parrots may hop on the scale right away. Be sure to reinforce the behaviour by placing treats on the scale once they have hopped on.



TROUBLESHOOTING

Your bird might find it a bit clumsy to step on the scale from the table. You can help them out by asking for a step up onto your hand or arm and asking for a step off onto the scale.



Before attempting a step off your bird must not show any signs of fear towards the scale. Desensitization and counterconditioning towards new objects can take time for some birds, be patient!



Some parrots prefer a scale perch, these types of perches are especially beneficial for parrots who have long tails that may bump into the table and interfere with the weight check.

A small rubber liner can also be placed on the scale to reduce slipping.

