

# How to Choose the Best Toys for Your Bird

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Toys provide exercise, mental stimulation, and relief from boredom. Many behavioral and health problems stem from a bird not receiving enough stimulation. Your bird will spend most of his day, when you're not around, playing with his toys. Remember three basic tenets when thinking about and choosing toys for your bird:

1. A bird needs a variety of toys that offer different:

- **Textures**, to stimulate the mouth and feet
- **Colors**, since birds see a wider spectrum of colors than we do
- **Tastes**, to stimulate their palate
- **Sizes**, for a different look and feel
- **Sounds**, to give the toys more audio appeal
- **Challenges**, such as different [puzzles](#) or [ladders](#), for the problem-solving challenge that all birds need



2. Rotate toys weekly so your bird does not get bored with the same toys day in and day out.
3. Choose toys that are appropriate to your bird's size. Small, lightweight toys and mirrors are perfect for small birds; larger birds like to manipulate thicker toy pieces with their beaks, tongues, and feet.

## The Chew Factor

Birds just love to [chew](#). Remember that part of a bird's natural behavior is tearing things apart. Check each toy daily for damage and toss out the toy if it is cracked and could break into small pieces and/or injure your bird.

Finding bird-pleasing toys may take some trial and error. Start with a variety of safe toys and see which ones your bird plays with most often. Once you get to know your bird's preferences, you may choose to custom-build toys from [ready-made kits](#).

## We Recommend



[Build Your Own Toys](#)



[Treat Toys](#)



[Educational Toys](#)



[Swings](#)