Hints for Avoiding Common Problems During the Winter Months

Drs. Foster & Smith Educational Staff

Winter months bring a shortened day length and dry, drafty indoor conditions. These changes can wreak havoc on your bird's skin and feathers as well as on overall health and behavior.

Low indoor humidity, common in winter, can cause your bird to develop dry, dull feathers and overall poor plumage. What's worse, the resulting dander, itching, and discomfort your bird feels may lead him to destructive feather-picking behavior. Inadequate lighting can also have a negative effect on your bird. It can disrupt various metabolic and behavioral processes; your bird may begin to exhibit irregular sleep patterns, show signs of depression, and display an overall lack of energy. UVB light is necessary for Vitamin D production in birds. UVB is only obtained through direct sun or special lights.

Minimize these effects with the following checklist:

- ✔ MIST OR SHOWER your bird regularly to hydrate his skin, but make sure the room is warm and draft-free.
- ✔ Expose your bird to a UVB LIGHT SOURCE year round to help reduce potential for Vitamin D deficiency.
- ✔ Use SKIN/FEATHER CONDITIONERS that contain real preen gland oil.
- ✔ Cover a portion of the cage or provide a Bird Bunker to shield drafts if you cannot avoid them in your home.

Many of our pet birds come from humid, tropical areas of the globe. For the health of our birds, we must do what we can to simulate these conditions in our homes – especially in the winter.

WE RECOMMEND

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Bird Bunker

Sandy Shower Perch

Natra Pet
Bird Bath Spray

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