



**Boredom:** Parrots need a variety of toys to play, shred and destroy. Toys need to be changed and replaced frequently to keep their minds active and engaged.

**Malnutrition / Liver Problems:** Parrots need a variety of fresh vegetables, fruit, nuts, healthy seed and clean water in their diet. Lack of a balanced diet can lead to liver problems. Liver problems lead to a number of other metabolic problems. A visit to a qualified avian vet is highly recommended for treatment.

**Heavy Metal Poisoning:** Toys, cages and bowls often have the smallest fleck of rust that when ingested will cause metal poisoning in a parrot. Best to have your parrot checked by a specialist Avian Veterinarian.

**Internal Parasites:** Parrots often come in contact with wild birds. It is recommended to have your parrot de-wormed every 3-6 months by an Avian Veterinarian. (Period of treatment depend on type of medication)

**Feather Mites:** Feather mites are not visible to the naked eye, but can be rampant on a parrot that is kept in less than ideal circumstances or can be transferred from affected wild birds.

**Food sensitivities:** Many parrots that pluck do show improvement when certain foods are avoided. Foods with chemical additives, artificial flavourings, colourants etc should best be avoided. Any food containing sugar, gluten should also be avoided.

**Dryness of Skin/ Skin Infections:** Often when the air is very dry parrots will start picking at their feathers. Spray/ shower the parrot with plain water. Add a tiny bit of Organic Coconut Oil to their food. Skin infection will need to be seen by an Avian Veterinarian. Depending on the type of infection the doctor may have to prescribe a course of medication. Parrots that are kept in unhygienic conditions may develop infections.

**Chemical Irritants:** Aerosol sprays, chemical cleaning agents, deodorants, perfumes, cigarette smoke, essential oil burners, non-stick pans all emit nasty chemicals that may irritate your parrots skin.

**Lack of Sunlight:** A change in daytime hours may lead to a parrot starting to pluck. Some parrots in particular tend to start plucking at the onset of a breeding season (Autumn/ Spring). Parrots do need direct sunlight to produce Vit. D. (Sunlight through a window does not constitute as direct sunlight and lacks the goodness needed for healthy parrots)

**Not enough sleep:** Parrots need about 10-12 hrs of uninterrupted sleep during a night. Sitting under a cover while hubby watches action movies till the wee hours of the morning does not count as uninterrupted sleep. ;)

