The New Bird Owner Checklist

Everything to have ready before your bird comes home · featherbirds.com

BEFORE THE BIRD (the weekend before)

- [ ] Cage set up: 30"+ wide for small birds, correct bar spacing, horizontal bars
- [ ] Three perch types installed: natural branch, rope, grooming (varied diameters)
- [ ] Pellets + measured seed + treats stocked (no all-seed diet)
- [ ] Cage placed: against a wall, chest height, away from kitchen and drafts
- [ ] Avian vet located and saved in your phone (aav.org/find-a-vet)
- [ ] Flight room bird-proofed: fans off rule, window coverings, no open water
- [ ] Carrier purchased and left out as furniture (not an emergency box)

DAY ONE

- [ ] Straight home, cage ready, quiet room — no handling today
- [ ] Cover three sides of the cage for security
- [ ] Fresh water + familiar food (ask breeder/store what they feed)
- [ ] Let the bird decompress; talk softly from a distance
- [ ] Note baseline: droppings, posture, appetite (your early-warning system)

WEEK ONE

- [ ] Same routine daily: birds run on predictability
- [ ] Sit near the cage 15-30 min/day doing something boring (trust deposits)
- [ ] Start the gram-scale weigh-ins (same time each morning)
- [ ] Offer one new vegetable daily, separate dish, removed after 2-3 hours
- [ ] Book the new-bird wellness exam with your avian vet

THE ONGOING RHYTHM

- [ ] 10-12 hours of dark, uninterrupted sleep — every night
- [ ] 2+ hours out-of-cage time in the bird-proofed room
- [ ] Toy rotation weekly (3-4 in the cage, swapped from a stash)
- [ ] Fresh water daily; dishes washed; cage liner changed
- [ ] Emergency fund: one avian vet visit runs $100-$300

Full guides for every line on this list: featherbirds.com/library