

Central Bearded Dragon Care Guide

TEMPERAMENT
Clam

HANDLE-ABILITY
Easy - Handle Daily

LIFESPAN
15-25 years

MINIMUM TANK SIZE
90x45x60cm

TEMPERATURE RANGE
Warm side: 30-35°C
Cool side: 25-27°C

HUMIDITY RANGE
General: 30-50%
During Shedding: 60-65%

UVB
10.0 UVB

TANK MATES
None

FEEDING
Feeder Insects,
Vegetables, & Flowers

SAFE FLORA



HABITAT SETUP

- **Enclosure:** Choose a spacious and well-ventilated enclosure made of glass or Melamine. Ensure the enclosure has a secure lid to prevent escapes
- **Substrate:** Use arid substrate, or reptile bedding. Please ensure the dragon doesn't consume this as it will pose a risk of impaction. Feed through a water bowl, outside the enclosure, or tweezers.
- **Decor:** Create a naturalistic environment by adding branches, rocks, and artificial plants for climbing, basking, and exploration. Ensure all decorations are securely anchored to prevent accidental falls or collapses.

FEEDING

- **Variety in Diet:** Offer a diverse diet consisting of live insects (e.g., crickets, dubia roaches, mealworms) and fresh vegetables and greens (e.g., collard greens, mustard greens, squash). Providing a variety of prey items and vegetables ensures nutritional balance and prevents dietary deficiencies.
- **Supplementation:** Dust prey items with calcium powder and a multivitamin supplement containing vitamin D3 to prevent metabolic bone disease and other nutritional disorders. Follow recommended supplementation schedules based on the dragon's age and dietary needs.
- **Feeding Schedule:** Feed juvenile bearded dragons 2-3 times daily to support their rapid growth and development. Adult dragons can be fed once daily or every other day, depending on their appetite and activity level.

HANDLING

Gentle Approach: Handle your Bearded Dragon with care and respect their boundaries. Approach them slowly and calmly, allowing them to become accustomed to your presence before attempting to handle them.

HEALTH MONITORING:

- **Regular Check-ups:** Monitor your bearded dragon's overall health and behaviour regularly. Look for signs of illness or injury, such as changes in appetite, lethargy, weight loss, or abnormal behaviours.
- **Veterinary Care:** Schedule regular check-ups with a reptile veterinarian experienced in treating bearded dragons. Routine veterinary exams can help detect health issues early and ensure timely treatment.

TANK MAINTENANCE

- **Daily Spot Cleaning:** Remove faeces, uneaten food, and shed skin from the enclosure daily to maintain cleanliness and hygiene. Spot cleaning helps prevent the buildup of bacteria and parasites.
- **Weekly Cleaning:** Perform a thorough cleaning of the enclosure and substrate on a weekly basis. Replace soiled substrate, clean and disinfect decorations, and sanitise water and food dishes to minimise the risk of contamination.
- **Water Bowl Maintenance:** Clean and refill the water dish daily with fresh, clean water. Ensure the water dish is large enough for the dragon to soak in if desired and positioned securely to prevent tipping.

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SHOPPING CART

- ☐ UVB 10.0 Bulb & Dome
- ☐ Thermometer & Hygrometer
- ☐ Heat Bulb/Tube & Housing
- ☐ Arid substrate or fine sand
- ☐ 90x45x60cm Enclosure (min)
- ☐ Water bowl
- ☐ Feeding tongs
- ☐ Driftwood/decoration
- ☐ Foliage (live or artificial)
- ☐ On/Off Timer (Optional)
- ☐ Reptile safe disinfectant spray
- ☐ Sand sieve (Optional)
- ☐ Calcium powder + D3



ENVIRONMENTAL ENRICHMENT

- **Basking Areas:** Central Bearded Dragons require access to basking spots with temperatures ranging from 35°C to 40°C. Use basking lamps or ceramic heat emitters to create these warm zones. Incorporate rocks or branches of varying heights to allow them to choose their preferred basking spot based on temperature and UV exposure.
- **Hiding Places:** In addition to basking spots, offer hiding places such as reptile caves, hollow logs, or foliage. Providing multiple hiding spots distributed throughout the enclosure allows the dragon to retreat and feel secure when needed.

SHEDDING CARE

- **Humidity and Moisture:** Maintain appropriate humidity levels (20-40%) within the enclosure to facilitate shedding. A shedding box or moist hide filled with damp sphagnum moss can provide a humid microclimate for the dragon to aid in the shedding process.
- **Substrate Consideration:** when adding loose substrates such as sand or gravel, ensure the grains are super fine, sand that's too big will cause impaction if ingested.



SIZE & SEX

- **Juveniles:** Baby bearded dragons grow rapidly, so it's essential to provide adequate space for their growth. A 45-60cm long tank is suitable for juveniles, but they may outgrow it quickly. Consider upgrading to a larger enclosure as they grow.
- **Adults:** Adult bearded dragons require larger enclosures to accommodate their size and activity level. A 90x45x60cm reptile tank is minimum, larger is recommended but will provide ample space for an adult bearded dragon to roam, climb, and bask comfortably.
- **Sexual Dimorphism:** Males typically exhibit darker coloration and have larger heads, broader bodies. Look for the Hemipenal bulges, males have two bulges on either side of the tail base and females have one bulge in the center, or no bulge at all.
- **Growth Rate:** Bearded dragons grow rapidly during their first year of life, with growth gradually slowing down as they reach adulthood. Provide a balanced diet and ensure proper husbandry to support healthy growth and development.