

Australian Land Frog Care Guide

TEMPERAMENT
Generally Clam

HANDLE-ABILITY
Handling Not Recommended.

LIFESPAN
7-15 years

MINIMUM TANK SIZE
Enclosure size varies on Species.

TEMPERATURE RANGE
22-28°C, if hotter, ensure humidity is retained.

HUMIDITY RANGE
General: 60-85% (Depending on species)

UVB
2.0 UVB

TANK MATES
None

FEEDING
Insects: Crickets, Roaches, Worms

SAFE FLORA



HABITAT SETUP

Enclosure

Unlike their vertical counterpart these guys live horizontally, so a tank longer than it is tall.

- Juveniles: A small enclosure (30x30x30 cm) works well for young frogs.
- Adults: Upgrade to a larger tank (60x45x45 cm or more) to allow movement and enrichment.

Ensure the enclosure has a secure lid and adequate ventilation to maintain humidity without trapping too much moisture.

Substrate

Use a substrate that holds moisture without becoming waterlogged, such as coconut coir or organic topsoil. Ensure you provide at least 5-10 cm of substrate depth to accommodate burrowing.

Decor

- Include naturalistic items such as rocks, logs, and leaf litter for hiding spots.
- Add live plants to improve humidity and create a more natural environment.

FEEDING

Diet: Terrestrial frogs are insectivores. Offer a variety of live insects, such as:

- Crickets
- Mealworms (in moderation)
- Earthworms
- Wood roaches

Avoid feeding wild-caught insects, as they may carry parasites or pesticides.

Feeding Schedule

- Juveniles: Feed daily with appropriately sized insects (no larger than the frog's head).
- Adults: Feed every 2-3 days, offering 3-5 insects per meal depending on the frog's size.

Supplements: Dust insects with calcium powder (with D3) 2-3 times per week and a multivitamin once a week to ensure proper nutrition.

HANDLING

Handle terrestrial frogs as little as possible to avoid stress and damaging their sensitive skin.

- **When Necessary:** Use clean, wet hands or gloves to gently scoop the frog, supporting its body.
- **Frequency:** Limit handling to health checks or enclosure transfers.

HEALTH MONITORING:

Healthy frogs are active, have smooth skin, and show a healthy appetite. Watch for signs of illness, including:

- **Weight Loss:** Sunken sides or loss of appetite.
- **Skin Issues:** Discoloration, sores, or shedding problems.
- **Lethargy:** Reduced activity or responsiveness.
- **Respiratory Problems:** Open-mouth breathing or wheezing.

Consult a veterinarian experienced in amphibian care if issues arise.

LIGHTING AND HEAT

UVB Lighting: Provide low-level UVB lighting (e.g., 2.0 UVB bulb) for 8-10 hours a day. This helps with vitamin D3 synthesis and overall health.

Temperature Gradient:

- **Daytime:** Maintain a temperature range of 22-26°C.
- **Nighttime:** Allow a slight drop to 18-20°C.

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SHOPPING CART

- UVB 2.0 Bulb & Dome
- Thermometer & Hygrometer
- Heat Mat
- Rainforest substrate or coco coir
- 45x45x60cm Enclosure (min)
- Deep water bowl
- Feeding tongs
- Driftwood/Cork bark, Branches
- Foliage (live or artificial)
- On/Off Timer (Optional)
- Misting (hand spray or automatic system)
- Moss (Optional)
- Calcium powder + D3



ENVIRONMENTAL ENRICHMENT

Providing enrichment encourages natural behaviors and keeps your terrestrial frogs healthy and engaged.

- **Hiding Spots:** Offer hides using logs, rocks, leaf litter, or artificial caves to create secure spaces for your frog to retreat.
- **Foraging Opportunities:** Scatter live insects throughout the enclosure to mimic natural hunting.
- **Substrate Interaction:** Choose a loose, natural substrate (e.g., coconut coir or soil) that allows digging or burrowing.
- **Plant Cover:** Add live plants like pothos or ferns to create shaded areas and mimic a natural habitat.

SHEDDING CARE

Humidity and Moisture: Maintain humidity levels between 50-80%, depending on the species.

Regular misting helps keep their skin moist and supports healthy shedding.

- Provide a shallow water dish to assist hydration and shedding. Ensure the dish is easy for the frog to access but not too deep to prevent drowning.

Substrate Considerations: Use moisture-retaining substrates like coconut fiber, peat moss, or a soil mix to maintain consistent humidity. Avoid substrates that are too dry or contain sharp particles, as these can harm their delicate skin.

SIZE & SEX

- **Juvenile:** Juvenile frogs are small and fragile, typically measuring 1-3 cm depending on the species. They require smaller enclosures with accessible food and consistent humidity levels.
- **Adult:** Adult terrestrial frogs vary in size but generally range from 4-15 cm, depending on the species. They require more space and deeper substrate for burrowing and movement.
- **Sexual Dimorphism:** In some species, males are smaller but have more pronounced vocal sacs and may develop darker throat patches during the breeding season. Females tend to be larger and heavier-bodied.
- **Growth Rate:** Frogs grow quickly, reaching adult size within 6-12 months under optimal conditions. A healthy diet and suitable environment are essential during this period.

TANK MAINTENANCE

- **Daily:** Remove uneaten food and waste, and mist the enclosure to maintain humidity.
- **Weekly:** Rinse and refill the water dish with dechlorinated water.
- **Monthly:** Replace substrate as needed and clean the enclosure using a reptile-safe disinfectant.

