

# How to Care for Your...

## Amazon Parrot

### Did you know?

- Many metals such as zinc and lead are very toxic to parrots, so you have to be careful what kind of toys you get
- Too much stress can kill a parrot
- Burning your food in the kitchen can be deadly to your parrot! It releases a toxin called PTFE which causes sudden death!
- Scented sprays, oils, and candles are toxic to their "lungs"
- Amazon parrots are known for enunciating the best of the parrot species
- Amazon Parrots can live up to 80 years!

### Housing:

- A cage at least two times their wingspan in width with thick bars
- Newspaper or cage liners should be replaced frequently (at least twice weekly)
- Nesting boxes will encourage nesting/territorial behavior and are not recommended
- Cuttle bones, wood chew blocks, and sand perches are great for keeping their beaks and nails naturally trimmed

### Care:

- Provide access to sunlight or a UVB light at least a few hours daily to prevent Vitamin D deficiency. UVB lights should be replaced every few months as the "UVB" portion depletes sooner than the "light" portion
- Parrots prefer humid environments to keep their "lungs", or air sacs, healthy. This can be maintained by bringing them into the bathroom when you shower or using a humidifier
- Weighing your parrot once a week on a food scale can help you catch illness early— as weight loss is typically first sign of disease in most exotic pets
- Parrots are very social and smart— they need lots of environmental stimulation and social interaction

### Nutrition:

- Provide access to a bowl of water 24/7—most love a good bird bath as well!
- Free feed parrot pellets— Lafebers or ZuPreem make healthy, nutritionally complete pellet diets
- Supplement with veggies that are high in vitamin A. Parrots can develop vitamin A deficiencies which can cause severe disease (including respiratory, heart and liver disease). Yellow/Red bell peppers, kale, sweet potato, and acorn squash are a few good examples
- Seed based diets can lead to severe vitamin A deficiencies and are too fatty for parrots. Pellets are healthier and preferred. Nutriberry are a great treat but should not be their sole diet



### TIME TO SEE THE VET WHEN...

A pet should always be brought into the Vet's office for yearly exams; however, if you notice your Parrot with any of these signs then you should call your Veterinarian ASAP:

- Not eating
- Weight loss
- Abnormal breathing
- Overgrown beak/ nails
- Rashes/wounds
- Feather loss
- Change in feces consistency or color

**Males: 300-500 grams**

**Average Life Span:  
30 Years**

**Females: 300-500 grams**