**BEARDED DRAGON CARE SHEET**



\*Do not handle your bearded dragon until it is eating on its own regularly for at least a week.\*

**Heating:** Make sure their temperature never drops below 75 degrees Fahrenheit at any time; this is especially important for babies as they are much more sensitive. The temperature gradient should be from about 105 degrees in the hotspot to 75-80 on the cool side, this can be achieved by placing a heat lamp on one side of the enclosure. If your home is cold overnight, nocturnal heating may be required in the way of an infrared ceramic heat emitter, or an infrared heat bulb.

**UVB:** In addition to a heat bulb, bearded dragons require a UVB bulb. UVB is very important for your beardie, without a UVB bulb bearded dragons may become lethargic and develop various illnesses, one of the most common is MBD- or Metabolic Bone Disease, this is when the bones soften and deform from a lack of calcium and UVB. To ensure your dragon stays healthy and your UVB bulb is putting off the necessary rays, make sure to replace your 10.0 UVB bulb **EVERY SIX MONTHS!**

**Diet:** A varied diet is key to a healthy dragon.

* Salad: Offer daily.
	+ Mustard Greens, Turnip Greens, Collards, Romaine, Spring Mix, but **AVOID** Iceberg and Spinach
	+ Veggies such as Cucumber, Zucchini, Squash, Bell Peppers, **AVOID** high quantities of fruit, the sugar can be toxic
* Insects: A baby/ juvenile bearded dragon can eat 6-12 bugs daily to every other day, while a yearling/ adult bearded dragon should only have bugs 1-2 times a week.
	+ Mealworms, Superworms, Hornworms, Crickets, Discoid Roaches, Waxworms, Black Soldier Fly Larvae
* Supplements:
	+ Calcium powder on both salads and insects
	+ Multivitamin (optional)
	+ Pumpkin puree can be used as a laxative for a constipated beardie if soaks aren’t helping (optional)

**Soaks:** Baby bearded dragons should be soaked 1-2 times a week in lukewarm water up to their bellies for 10-20 minutes. Adult bearded dragons can be soaked once a week or once every other week. If your dragon is not eating greens well, then soak more frequently. Bearded dragons typically will not drink from still water, which is why they need to be soaked and given greens daily to avoid dehydration.

**Vet Care:** If you notice your bearded dragon is lethargic, not eating, losing weight, struggling to move or breathe, consider reaching out to any of the following vets:

* Exotic Bird Hospital on Beach Blvd. (904) 256-0043
* Riverside Animal Hospital Downtown (904) 388-3494
* Birch Island Veterinary Center on Philips Hwy. (904) 717-6840
* Forever Vets Animal Hospital on Bartram Market Dr. (904) 490-8228