

First Week Home Checklist

For: Bird — Day-by-day settle-in tasks so the first week feels calm instead of chaotic.

Pet's name: _____

Date home: _____

BEFORE THEY ARRIVE

- ☐ Set up the cage in a draft-free spot, away from the kitchen
- ☐ Add perches of varying width and a few safe toys
- ☐ Remove any non-stick cookware from the kitchen — fumes are dangerous to birds
- ☐ Buy a few days of their current diet to avoid a sudden switch

DAY 1

- ☐ Let them settle into the cage without handling for the first day
- ☐ Keep the room calm and avoid loud noise or sudden movement
- ☐ Offer fresh food and water and note what they actually eat

DAYS 2–3

- ☐ Start talking softly near the cage to build familiarity
- ☐ Begin a consistent feeding and lights-out schedule
- ☐ Watch droppings, appetite, and activity level daily

DAYS 4–7

- ☐ Begin short, calm hand-taming sessions if they're ready
- ☐ Offer supervised out-of-cage time in a bird-proofed room
- ☐ Book their first vet visit with an avian-experienced vet if possible

New Pet Supply Shopping List

For: Bird — Everything to have ready before, or right after, pickup day.

Pet's name: _____

Date home: _____

HABITAT

- ☐ Cage sized appropriately for the species, with horizontal bar spacing for climbing
- ☐ Several perches in different widths and textures
- ☐ Food and water dishes
- ☐ Cage cover for a consistent sleep schedule

FEEDING

- ☐ Species-appropriate pellet or seed mix
- ☐ Fresh vegetables and fruit safe for their species
- ☐ Cuttlebone or mineral block

ENRICHMENT

- ☐ A few foraging or chew-safe toys
- ☐ Rotating toy schedule to prevent boredom
- ☐ A play stand for supervised out-of-cage time

EVERYDAY CARE

- ☐ Cage liner or substrate
- ☐ Cage cleaning supplies
- ☐ A small, secure travel carrier for vet visits

First Vet Visit Prep Sheet

For: Bird — What to bring and what to ask at their first checkup.

Pet's name: _____

Date home: _____

BRING WITH YOU

- ☐ Any records from a shelter, rescue, or breeder
- ☐ A secure, covered carrier for the trip
- ☐ Notes on droppings, appetite, and activity since arrival

QUESTIONS TO ASK

- ☐ Is this vet experienced with avian patients?
- ☐ What's an appropriate diet for their species and life stage?
- ☐ Should we test for common illnesses given their history?
- ☐ What environmental setup (light, humidity, perches) do you recommend?
- ☐ What are early warning signs we should watch for at home?

BRING HOME

- ☐ A written copy of their exam notes and any treatment plan
- ☐ Next appointment date
- ☐ Diet or habitat adjustments to make at home

Home Safety Checklist

For: Bird — A room-by-room pass to make your home safer before they arrive.

Pet's name: _____

Date home: _____

KITCHEN & AIR QUALITY

- ☐ Remove non-stick (PTFE) cookware and self-cleaning oven use — fumes can be fatal to birds
- ☐ Keep the cage out of the kitchen entirely if possible
- ☐ Avoid scented candles, air fresheners, and aerosol sprays near the cage

OUT-OF-CAGE ROOM

- ☐ Cover or close windows and mirrors before free-flight time
- ☐ Turn off ceiling fans in the room
- ☐ Check houseplants against a pet-safe plant list
- ☐ Keep other pets out of the room during out-of-cage time

CAGE AREA

- ☐ Keep the cage away from direct drafts and heating or cooling vents
- ☐ Check toys and perches for small parts that could be swallowed
- ☐ Keep the cage out of direct, unfiltered sunlight without shade options