

“How Can I get My Bird To Love Me”

Dear Parrot Lovers,

Thanks for downloading this Behavioral Problems E-Book. In this book I will cover with you how I fixed our birds behavioral problems, and I will also cover with you tips that many other people have sent to me with how they fixed their birds problems. I will address the main causes of most problems, and offer multiple solutions.



Keep in mind that birds are complex creatures and a one answer fits all sort of book is impossible to write. So I will try to give you many different solutions to key parrot problems, and it will be up to you to implement these to see which methods pertain to your bird and work best for you.

Before I dig into how to help cure some of your bird's problems I want to tell you my personal favorite solution to parrot problems. **Trick Training!** I have found that training your parrots to perform tricks, builds their trust in you and builds up their confidence.

Trick training is the difference between a parrot that runs away because it doesn't want out of his cage, to a parrot that runs to you because he just loves having you teach him something new.

There are multiple trick videos on the market these days, but the best one is “Taming, Training and Tricks” It is available by [CLICKING HERE](#). I would make sure to pick yourself up a copy.

Before I dive into how to really tame down and train your bird, I do want to address the question that I get all the time;

"How Do I Get My Parrot To Talk?"

I was getting asked this question so much, that I created a very thorough course on the subject that can be found by [GOING HERE](#)

The other topic that I am constantly consulting with people on is how to get their parrot to stop **"Feather Plucking"** or how to stop their parrot from **"Screaming"**. This book will not go into depth about how to cover these 2 issues. But I will tell you that there are 2 powerful cures for these problems. You can read some really good articles on how *natural, healthy* supplements can be used to fix these 2 problems [HERE](#)

Or you can learn some more advanced techniques that teach you how to develop a bird that is less stressed, and thus less likely to pull his feathers or scream using clicker training methods taught [here](#).

Getting Started With Parrot Taming

A lot of this is just common sense stuff, but it gets overlooked so frequently, by so many of my customers, that I simply couldn't leave it out of this book.

Let's start with your bird's environment in your home starting with **cage placement**. Birds are social creatures and need to have their social needs met. If you take a bird out of its natural habitat, you are taking away all of the things it is used to interacting with on a daily basis, so we need to make sure and replace those things. One of the things parrots receive in their natural habitat that you will need to make sure it gets in your home is someone to bond too.

This is where cage placement comes in. Birds travel and live in flocks so we need to make sure that your flock, or your family, is constantly around your bird. How do we do this? We put the bird's cage in the area of your home that has the most people in it all the time. In my home this is in the kitchen area. And the birds cage sits so that he can see the living room, kitchen and dining room, thus he gets to interact with his flock constantly. This is an effective replacement of his flock in the wild, or at least as close as we can get.

If you leave your parrot in a dark part of the house such as a closet or a bedroom, it is almost certain that your bird will get very lonely and run into lots of behavior problems down the line. So nip it in the bud and put their cage in a good high traffic area.

We didn't used to have his cage in its current spot and it took us basically just trial and error to figure out that that was where he was the happiest. If your bird

is not in a high traffic area of your home, my guess, and my bet is that moving your parrot's cage to a higher trafficked part of your home will result in your parrot becoming more playful, his speech will pick up, and he will become more comfortable around all members of the family because you are creating a more natural environment by giving your parrot a flock to be a part of.

A FEW KEY POINTS ON CAGE PLACEMENT

1. Do not put your bird's cage in the center of the room. This will result in your parrot never having a secure corner of his cage to go to. He will constantly be on guard and could become much more aggressive and intense. If for some reason your parrot's cage has to be in the center of the room make sure to cover it with a towel. At least 1/3 of the parrot's cage should be covered at all times to make sure he has a place of security he can always go to when he is stressed.

2. A common mistake that many people do is place their bird's cage against a window thinking "This way he can see what's going on outside" but that is exactly what ends up happening, and here is why it is bad.

Birds have predators, and those predators live outside. Whether it is a neighborhood dog or a hawk flying up in the sky or perched in a nearby tree, your parrot's instincts are working over time just conjuring up ways to get away from these predators if they happen to spot him. It is a good way to tire out your parrot and make him cranky, when all day long he has to make sure he doesn't get eaten by your neighbor's dog. Another reason why you should not put your bird by the window is because the sun could over heat your parrot, and if you do not have air conditioning and do not provide shade for your parrot you could run into some serious problems.

3. Birds are very insecure on the ground. So make sure your bird's cage is not on the ground. I am sure you have noticed how your bird always wants to climb up your arm or onto your shoulder. This is because they feel more secure higher up in the air.

4. And the last thing to remember with cage placement is to let the bird establish himself in his environment. By this I mean don't keep moving the bird's cage around. Birds are very much creatures of habit and do not like change. So after you find a good spot for your bird, try your best to leave him there.

PICKING THE RIGHT TOYS

The one rule to remember when picking out toys to equip your birds cage is that your bird needs a variety, and he will frequently need his toys replaced. You don't necessarily need to have the most expensive toys for your bird. They just need to be toys that your bird really enjoys.

The best way to see if your bird likes the toy is to just watch him. If your bird plays with the toy regularly he likes it, and if he doesn't play with the toy regularly, then get rid of the toy, because your bird is bored of it.

I received this breakthrough which may seem obvious to you, but when I was living at home with my parents taking care of their pet birds. The birds were not being taken care of as well as they should have, and one day I looked into their bird's cage and said to myself "that bird is bored, I am going to get you some more toys".

And you wouldn't believe how he seemingly changed overnight, from a grumpy old bird, into a playful little chick again. It was awesome! And I will never make the mistake of not keeping new toys in my bird's cages.

Here are just a few toys that your bird will love:

1. Empty Toilet Paper Tube
2. Rope Toys- with wood to chew on
3. Puzzle Toys- These toys make the bird have to work to figure out how to get a treat out of the toy and are very stimulating for your parrots. A company called Smart Toys makes very good toys that you should look into.

PROPER BATHING

Bathing your parrot regularly to promote proper behavior is often overlooked. A parrot that is picking his feathers could very well not be getting enough baths. Our vet recommended to us when our cockatoo started picking his feathers to make sure that he was getting a shower 5-7 times a week during the summer, and 3-5 showers a week during the winter. After just that simple change in his routine he immediately stopped chewing his feathers.

If you have never bathed your bird before its really easy. Simply pick up a shower perch, [Stores like Petsmart.com](https://www.petsmart.com) have nice perches. And stick it in your shower.

They should suction cup to the wall quite nicely. What I do is just let the water bounce off of my shoulders and redirect the spray toward my bird.

And if your bird really love water than you can let him stand under the actual shower head. But don't force him under there, he may not want to go and you don't want him being afraid of the shower. It is an important part in taking care of your bird.

There are several other benefits to giving your parrot regular bathes:

1. Since you shower every day, and if you don't then you might want to start, it is a perfect time to include your parrot in your daily routine. The more play time you give your parrot the happier he will be.

And most parrots absolutely love taking showers. It's the perfect chance to give your parrot 10 more minutes of playtime a day. If you do not already have a shower perch there are some very reasonably priced shower perches available by [CLICKING HERE](#).

They come in a size that isn't too large for smaller birds yet still support the weight of our bigger birds. And plus they even have extra traction added to the perch so the bird doesn't slip off as easily, like many other perches.

2. Another benefit of regularly bathing your bird that I have found is that the warm water really settles down my bird, and it is a good environment to work on hand taming your bird, because they are a little more relaxed than normal, and a little more trusting.

3. Regular bathing also promotes healthy skin for your bird. Some birds' skin can get irritated with dryness or itchiness which can lead to feather plucking. This isn't an emotional problem your bird is having. It is simply that fact that his skin hurts or is bothering him, and a regular bathing can alleviate that very quickly.

GROOMING YOUR PARROT

This section doesn't need to be too long, but it does need to be covered, as a handful of problems can be solved with just proper grooming. Take, for example, a parrot that will dive bomb small children. A quick fix for this problem is to simply clip your parrot's wings. Make sure you consult your veterinarian before cutting your birds wings.

Also make sure that you do not neglect to cut your parrots toenails. If you let your parrots toenails grow too long with out proper trimming, your bird's nails will start to interfere with the natural resting position of your bird's feet while standing on his perch. Prolonged lack of toenail clipping will eventually lead to pain and discomfort in your birds feet, and eventually arthritis.

Besides the obvious negative side effect of discomfort and eventually arthritis, other problems occur too. A bird will become very protective of his feet. And if your picking him up, or forcing his sore feet to get onto your hand, or petting his feet causes your bird pain, this could very easily lead to biting, and start a habitual problem in your bird. So make sure to keep their toes trimmed.

DEALING WITH YOUR PARROTS HORMONES

This was a fascinating discovery for me when I finally realized how to handle my parrot's hormones and why he was acting out. Parrots are similar to us in that we go through childhood, adolescence, and adulthood. And if you have ever raised children you know that each stage of your child's life was distinctly different.

When your child was young it loved to be cuddled and nurtured, and it absolutely worshiped you. And when your child reached adolescence you undoubtedly noticed more than just a slight change in behavior. But like every child they eventually grew out of that adolescence phase and grew in their maturity.

Your parrot is no different. Parrots grow through these three levels of maturity just as you and I did. They go from their super cuddly phases to where they always want to be with you, to their adolescence phase where they need to breed and rebel, and eventually back into their adulthood.

If you are like most bird owners, and your baby bird that used to love to cuddle with you has reached his adolescence stage of life and is all of a sudden acting out with screaming, and biting and all sorts of displeasing behaviors, here are some tips to help you through it:

- 1.** Parakeets, Cockatiels, and other small birds will reach full maturity between 8 months and a year.
- 2.** Conures, Caiques and Quaker parrots will reach full maturity in 2-4 years.
- 3.** Amazons, Cockatoos, and Macaws will reach full maturity between 5-8 years. I let you know these stats so you can know if your bird is in that target range. If your bird has not quite reach full maturity, then he or she is undoubtedly in their adolescence stage of life and has a few different needs than normal.

Here is how to spot and tackle these different needs:

- 1.** Your parrot's hormones will rage during the springtime. This is the time of year when there is the more daylight than any other time of year. This is when they breed.
- 2.** Your parrot will become much more territorial during this part of his life. He will protect his cage or even the member of your family whom his bond is the strongest with. If that is you, and your spouse comes near you to give you a hug or kiss, your parrot is very possessive of you and can lash out at your spouse for coming too close to you. Sometimes this is because he perceives you as his mate and is trying to protect you.
- 3.** If your bird tries to feed you by regurgitating food for you, this is a sign that your parrot has a special bond with you. I would recommend not letting your parrot regurgitate to you no matter how cute you think it is. If your bird is performing this behavior during its mating season than it could very quickly get out of hand. Your bird will consider you his mate, and when you don't satisfy your birds mating desires your bird will become angry with you.
- 4.** Your bird will also display a very distinctive body language during breeding season, especially a male bird. Male birds will puff up, spread out their tail, and pin their eyes in the wild to attract a mate. If your bird is doing this he is looking for a mate and if you come around, he might consider you as competition, and will lash out severely.
- 5.** A bird will also scream for very long periods of time to attract a mate.

HOW TO CONTROL YOUR PARROTS ADOLESCENT BEHAVIOR

There are a few things that can control your bird's hormones. The first and probably the solution for most of you will be understanding that your bird's hormones rage in the springtime when there is a lot of sunlight. The sunlight is actually what triggers your bird's hormone.

So the obvious, action to take is to limit the amount of light that your bird gets in a day. Make sure your bird only gets 10 hours of light a day this includes house lights and sunlight. Refer to the sleeping section at the beginning of your book for more tips on sleeping.

This is a period of time in your bird's life where you are going to need to weather the storm slightly, so just be aware of things that upset your bird. Read your bird's body language; pick your bird up off his cage with a stick so as not to get bitten.

And keep in mind that it is just a phase, all teenagers fight with their parents more as teenagers than any other time in their lives, it's a fact of life, and understanding that it is just a phase goes a long way to being more understanding of what your parrot is going through.

HOW TO TACKLE YOUR PARROTS SCREAMING "HEAD ON" AND WIN EVERY TIME

Wow, now this is a problem. A screaming parrot can get you evicted from your home, drive you insane and also cause a negative, snowballing behaviors with your parrot. It has got to be the most annoying problem that I have ever run into as a bird owner. So how do you tackle this issue? It is a lot different than you think. And most people try to solve this problem completely wrong. So let me start off by telling you what won't work and why.

Birds do not understand punishment; it simply does not exist in their brain. Instead your bird works on a system of rewards. Your bird will perform behaviors to receive a reward that is pleasant for the bird. If the bird never receives a reward for a particular action the bird will stop performing that behavior to try to earn a reward.

Here is an example:

Let's say your cockatoo is screaming its head off. It could be doing this for many different reasons, probably because it is bored and wants you to come play with it or give it some attention. So it thinks to itself I am going to try to call for my owner by screaming. So the next time he sees you he screams his head off to get your attention. Of course you can hardly hear yourself think with him screaming like that so you probably do one of a few different things.

1. You yell at your parrot to **“SHUT UP”** – In this case, like I said your parrot does not understand negative punishment. And since your parrot does not speak the English language, all he hears when you tell him to shut up is his favorite person giving him very enthusiastic attention, VERY enthusiastic attention.

So your cockatoo stops for a few minutes waiting for you to give him more attention. And when you do not, he screams again to get your attention, this results in you telling him to shut up again, which he only understands as very enthusiastic attention.

What you are actually doing is training your parrot that every time he wants attention all he has to do is scream really loud and you will engage in a shouting match with him, which he just thinks is a fun game, certainly more fun than just sitting in his cage. This is a great way to snowball a bad behavior.

2. Another thing you might do is go over to his cage, because it seems to calm him down and make him feel better. But remember your bird was OK to start with, just a little bored, so what you are doing by going over to his cage is rewarding his screaming call, and training your parrot to understand that every time he screams you will come over to his cage and give him attention. So every time he is bored he knows how to get your attention. This is another way to snowball a bad behavior.

3. Or lastly you might simply ignore the parrot for a few minutes, and when it gets to be too much for you to handle then you either yell at your bird, in which case refer to point “1” or you go give your bird attention, in which case refer to point “2”. In either case what you are training your bird is that it takes a few minutes of screaming to finally get your attention. And if your parrot is screaming for an hour before you go over to his cage or yell at it, you are training your parrot that it needs to scream for an hour to get your attention.

But there is hope to cure this problem. Simply reward your parrot's good behavior and never ever, ever reward its bad behavior. Usually parrots will start off by only screaming for a few minutes before you give it attention, and this then escalates to hours if not nipped in the bud.

If your parrot is at the stage where it is only screaming for a few minutes, just do this one thing. Leave the room, and make sure that nobody in the house gives it

any sort of attention at all until it stops screaming, don't even go into the room. After your parrot has stopped screaming for a few minutes go over and praise your parrot with a treat or a scratch on his head, and reward him for silence.

If your parrot is way beyond this stage and is screaming for an hour or more, you have more work cut out for you, but if you are patient it will stop, or at least be greatly minimized. You just have to make sure you leave the room for the entire hour that your bird is screaming and reward it with praise only, and I repeat only after it has stopped screaming can you reenter the room or reward the bird.

And just to give you some faith that this method works, I will tell you that with our Umbrella Cockatoo that we adopted as a 4th owner due to screaming problems, would scream upwards of 45 minutes for attention, because it had been rewarded for that behavior its whole life, it was extremely annoying but after only 1 month he had made significant gains and was very tolerable, and 6 months later he was completely cured of screaming.

I will point out here that it is very normal for your bird to scream for a few minutes in the morning and as the sun sets. If your bird does this it is not a behavior problem, just make sure not to encourage it and it won't get any worse. But also understand that it will probably not get much better because it is a very instinctual thing to do. And if you can't handle it you probably were not made aware of the fact that this is a normal behavior.

If there is no way that you can avoid being in the room where your bird is for that long of a period of time, then consider moving your parrot's cage to a slightly less trafficked room in your house. But Never, Ever punish your bird while he is screaming by putting him in a dark closet or remote location of the house.

He sees this as cruel and will only resent you for it, and scream out more and more for you to let him out. It has changed from a scream because he is bored to screaming because he is in solitary confinement and is going crazy. How would your emotional state be if you had to sit in your closet all day long, my bet is not very good, and you would surely take on some emotional problems, your bird is no different.

IS YOUR BIRDS SCREAMING WARRANTED

You may think that your birds screaming is uncalled for, but are you sure? Is your parrot simply trying to tell you that you don't give it near enough attention? This is a question that you need to ask yourself. And it is pretty easy to figure out. Remember, these birds are very social and need lots of interaction. And more than just 10 minutes a day. Are there things you can do to give the bird more play time that fit into your schedule. Like could you do any of the following to increase your birds playtime:

- **Shower with your bird** – 10 minutes
- **Let you bird on the counter when you fix breakfast in the morning** – 15 minutes
- **Have your bird sit with you during a television show** – 30-60 minutes
- **Give your bird a short trick training session once a day** - 15-30 minutes
(For some of the best videos on how to teach your parrot tricks, visit www.BirdTricks.com)

HOW TO CURE BITING PROBLEMS

You are no doubt starting to understand a little more about why birds act the way they do. In almost all instances it is to avoid something they don't like or are afraid of, or it is to receive more of what they love. We have talked a great deal about how to handle a bird that wants more of what they love, so lets now address how to handle birds that are behaving aggressive due to being afraid of something or lashing out in anger or distrust.

Lets assume that you have a parrot that is lashing out aggressively and we have already determined that there is no way this is a hormonal issue. Maybe it is the dead of winter, or maybe your bird is 20 years old, in which case there is something else underlining your bird's aggression. We need to know how to handle this problem and to cure it. There is always a reason for your bird's aggressive behavior and once we figure out what that reason is we can go about fixing that problem.

And that is why I feel so blessed to have gone through everything you have gone through with an angry mean bird. And hopefully I can give you a lot of hope by giving you my exact story, and how I reversed all the negative actions of my Blue and Gold Macaw. Our Blue and Gold Macaw Tiko was a bird that I received growing up from my family.

He started off as a great pet. He loved my dad the best but he still liked to be pet and enjoyed every one in the family. Then adolescence hit, and we didn't know why then, but he got really mean, and started biting people, even my dad who he was fondest of. So this caused us to pay less and less attention to him, because after all who wants to be bit by a macaw, their bites cause flesh wounds!

It eventually got to the point where he would lunge at you and attack you if you even got near his cage and became quite an aggressive bird that nobody liked. And I guess it all started to change when one day I got this bright idea that I was going to cure Tiko. I didn't know a thing about how to change his behavior but I guessed that if I just paid a lot of attention to him he would get better. But I was only half right.

After spending a lot of time with him he became a bird that was very happy to see me and to talk to me, but hated to be touched. He had simply lost all trust of being handled by humans. A lot of it stemmed back to when he was just a few years old, when he got sick.

In order to get him healthy again we had to towel him and stick a needle in his tummy to give him an injection of medicine. And I know that it caused him to be afraid of hands. And especially caused him to hate his stomach being touched.

If you would like to learn the whole story and every technique that I used to tame Tiko from a bird that used to bite anyone who came close to his cage to a bird that lays on his back to be cuddled, and enjoys being pet on his tummy, to even performing all sorts of tricks, like playing fetch with rings, and waving hello to friends when they come in the door, [CLICK HERE](#). The information will truly change your relationship with your bird into something you could have never imagined. If you do not want to know the story and its tips keep reading.

HERE ARE SOME OF THE MAJOR PROBLEMS YOU ARE PROBABLY CAUSING

There are many problems that can escalate biting and many of them are caused by you the bird owner, and not the bird. Please do keep in mind that if your bird is in Breeding mode it is best to just not handle the bird with lots of petting.

You can be the best judge of this but if your bird is displaying the kind of body language where you know he is going to bite you, then the best thing to do is just stay away. This is just a phase of life and it will pass. Trying to handle your bird extensively during this time is just like asking the bird to bite you and can start habitual biting.

One of the biggest bad habits that I see in people and that I found in myself when I started trying to cure biting is to cause a big scene when your parrot bites you. For example we just bought a cockatiel a few weeks ago. And he was so incredibly afraid of us that he would lash out severely at our fingers.

And even though a cockatiel can bite hard this one wasn't breaking the skin. So when I went to have the bird step up onto my finger he would move to bite me. Now what I had to ask myself was why is this bird trying to bite me?

And here is the answer the cockatiel was trying to bite me because it was afraid that my finger would cause physical harm to him. So as soon as I could prove to the bird that my finger wouldn't hurt him I would have the problem solved. And remember that birds learn off of reinforcement. This means that if I reinforced our cockatiel's hard bites, that were even breaking blood vessels in the skin, then I would be training the cockatiel that all he had to do to not be touched is bite me as hard as he can.

When the time came around to handling the cockatiel again and I went to have him step up onto my finger, I simply let him bite me, and acted as if nothing was happening, I actually pushed into the bite instead of pulling away. In time what ended up happening is that the bird realized that no amount of biting ever stopped my finger from picking him up, and he quit biting. And that only took 2 weeks.

Now this works wonderfully for smaller birds like budgies, cockatiels, love birds, etc. But what do you do when you have a macaw that bites ferociously. You can apply the same techniques, but only with birds that are not drawing blood. Many macaws will lunge at you from atop their cage only to grab onto you with a stern hold, but never break the skin.

If your bird is like this, take the same measures that I took with the cockatiel and you will be guaranteed success. You will simply be training your bird, that no amount of lunging or biting will stop you from petting it or picking it up.

Another common mistake that I see people make when they are bitten by their birds is that they will scream "OUCH" and flail their bitten fingers away from the bird, sometimes even while the bird is holding on. What this does for your bird is give him a ton of entertainment.

Remember when we talked about screaming and how your bird can not distinguish between angry yell and exciting praise. Your bird thinks you are so exciting when you scream and wail about when he bites you. It becomes the most entertaining thing that your parrot has seen all day. So next time he is bored and wants a thrill he knows that biting you could make you do that really exciting little dance again.

So make sure that you say nothing when your bird bites you. You can grimace, but calmly push into the bite instead of frantically pulling away, and remove the bird's beak from your finger with your other hand.

What will often happen is pushing into the bird's bite will cause the bird to immediately let go. This is because you don't usually do that when he bites you, and he isn't used to that, and he isn't comfortable with that, so he will sometimes let go.

WHAT IF YOUR PARROT BITES EXTREMELY HARD?

If the above tips and tricks have not worked or your parrot simply bites too hard to even think about trying there is still hope. I devoted a whole website for curing that specific problem, and creating a bird who loves their owner.

You will get training tips on how to take the meanest bird that could chew through your hand in a second and have in hand tamed faster than you could imagine, without ever being bitter. To check out how you can access all of these tips [CLICK HERE](#).

IF YOU CAN'T FIGURE OUT THE CAUSE FOR YOUR BIRD BITING CHECK OUT THESE TIPS THAT COULD SAVE YOU A LOT OF TIME AND SORE FINGER

Lets say you have tried everything and you still can't figure out why your bird is biting you. There are a few more factors to look at. Remember how I told you that birds are creatures of habit and how they love repetition? If you subject even the slightest new environmental change to your bird it could totally throw off his behavior.

Here are some examples:

- 1.** I have know families who simply added a new piece of furniture to a room that their bird could see, and the bird bit them profusely until they moved their couch and then the biting stopped just as quickly as it came.
- 2.** If you have ever toweled your bird to clip its nails or wings, or your vet has and your bird was toweled by lets say a red towel. Your bird could develop a phobia for the color red. And once that phobia is developed and he bites you every time

you where the same outfit, then it could very well be because your shirt is red just like the towel he hates, so he will bite you because of the color of your shirt.

3. You can also receive an undeserved bite if there is a new addition to the family, such as a new child or puppy that is a rival for your attention. Make sure your bird gets plenty of attention whenever there is a new addition to the family.

The Hands Down GREATEST WAY To Stop Your Parrot From Biting You

I stumbled upon this method by combining multiple methods I read about in other behavior books, plus adapting this technique through trial and error. I call it “perching”. It is a method involving 2 wooden dowels that allows you to never get bitten during your hand taming process with your parrot.

So I have outlined in detail the exact steps you need to go through to properly perch train your bird, and covered most of the problems you will run into, and their solutions.

NOTE: You can watch us perform this technique “Live On Video” by picking up a copy of our taming training and tricks course [HERE](#).

Here is the set up:

You need to get your Parrot off of his cage. Depending on how bad your parrot’s behavioral problems have developed this may or may not be easy. If your parrot will step up onto your hand, then you are well on your way to a nicely hand tamed parrot. However, if it won’t get on your hand, the best method I have found is offering a wooden dowel for it to step up on.

If your bird will not step up onto the stick and either holds on desperately to the bars of his cage, or runs away frantically, keep these points in mind.

Birds feel dominant when above you. Try to stand on a stepladder or stool when getting your bird off of his cage. The key is getting him to waste level if at all possible when picking him up. You should notice a significant difference in his attitude with this small adjustment.

Some birds will hold their ground and latch onto their cage, and others will run away. If either of these is your bird, you can resort to using a thick towel to get your bird off of his cage. You need to make sure that when you throw the towel

over your bird that, you do it quickly. We do not want to spend any additional time scaring the bird.

Important Note: There are 2 other methods that you can use that I would recommend using, before resorting to towelng your parrot. To explain these methods here, would take another 50 pages of text. However, there is over 90 minutes of audio and video material covering this exact issue in our training course. [Click Here](#) for more details.

When you release the bird from the towel, do so by facing the bird away from you on the floor, and pulling the towel up and back off of him. The instant he steps out of the towel tell him “Good” or some other form of praise and reach down with your wooden dowel or hand to pick him up. (The key here is to be the bird’s savior, and rescue him from the “mean” towel.)

Once you have the bird off of the cage, take him to a room with no distractions. This means that your barking dogs are put outside for a few minutes, the TV is off and it’s just you and the bird. This room should not be the same room that your bird’s cage is in. We are trying to get away from an area that he could be territorial of.

You should bring a perch into this room, that does not have any distractions such as food or toys on it, and it should be about waist height. Then from there here is what you do:

Take a wooden dowel in both hands. Each dowel should be about 1-2 feet long. You are going to take one of the dowels and reach towards your bird as if to pet it on it’s wing. Your bird will most likely go to bite the stick, and at the EXACT moment he does, reach in as if to pet the bird’s other wing with your other wooden dowel.

Stay calm in trying to pet your bird with the sticks, and do your best to not let your bird bite onto the stick. What this is doing is distracting your parrot with one stick while you move in to pet it with the other. Once the other stick touches your bird he will switch his aggression from the stick he was first distracted by, to the one you just moved in to pet him with.

Then just repeat this procedure by each time he goes for one stick touching him with the other one. This will get many birds quite flustered. We show on our videotape exactly how to do this procedure, and actually taped one of our birds on his first training session.

He flapped his wings furiously, and screamed as loud as he could. And the reason he did was because he was uncomfortable, and we were breaking through barriers of distrust and teaching him that no matter how hard he bites the sticks or how much of a ruckus he makes, we were still going to pet him.

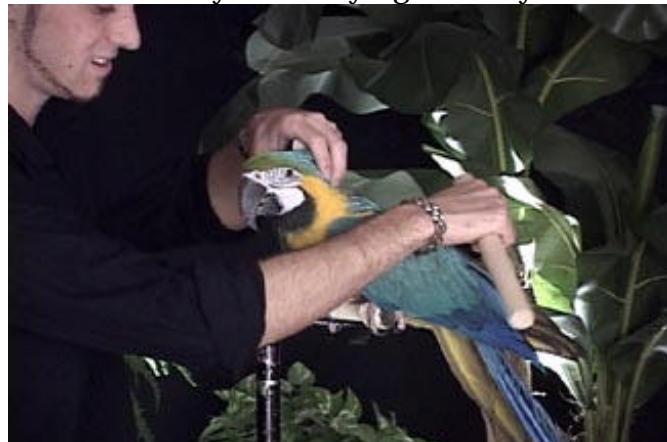
This slowly starts to train your bird that biting you will not stop you from petting him, and will eventually lead towards significantly reducing that amount of biting your bird will do to get what he wants.

Most birds will stop putting up as much of a fight against your sticks in a matter of minutes, and might even start enjoying being touched. When you can tell that your bird is starting to accept the touching of the sticks, it is time to start moving your hands in closer



You must make sure that when it is time to move your hands closer, you do so by inching your fingers closer and closer up the stick towards your parrot with each pet of the stick.

This slowly lets the parrot understand, and get comfortable with your actual fingers getting closer and closer. It is kind of like you are trying to inch your fingers closer without having your parrot notice. And eventually you want to sneak your fingers up so close that you can even sneak the tip of your finger out farther than your stick and pet the bird with your finger, and not the stick.



When you have gotten this far, you have been doing all the right things, and just need to continue getting your bird comfortable with your hands. Your bird will most likely make a lot of progress every day, but also backtrack a little bit between training sessions, so the key is to stay consistent. Each time he backtracks and wants to bite you again, just resort back to the sticks, and repeat the above the steps.

You can always take this one step further and actually do this perch training on the floor in a corner of your room. This will eliminate the problem of your bird flying away, because he has nowhere to go, and it puts you in an even higher position of dominance by being located on the floor.

Every now and then what will happen after a bird has been trained with the sticks is instead of biting you when you come to get him off of his cage, he will run away. What this means to the bird is that sense biting you doesn't keep you away,

maybe running away from you will. So don't be alarmed if that happens because this is a process and we can fix that too, just be patient.

How I tackled this issue with my blue and gold macaw was to adjust his diet. If you have already signed up for the FREE 3-Day Training Course at <http://www.birdtricks.com>, then you should have already received detailed advice on how to adjust your bird's diet for training, but if you have not then the information below will be very helpful.

HOW TO SAFELY ADJUST YOUR BIRDS DIET FOR TRAINING

Let me start off this section by letting you know that before implementing any of these changes in diet, please consult your bird's avian vet. Your bird might have special nutritional needs that both you and I are unaware of that might not fit into this diet.

The main reason in adjusting your bird's diet is to give you the edge in motivating your parrot to behave. So I want you to imagine that you are a bird sitting in a cage that has a full food bowl all the time. Let's say you even have a weeks worth of food in your food bowl.

Now what would you, being the parrot, do if I, your owner, came up to you and offered you a sunflower seed? And you happened to have a couple hundred of that exact sort of sunflower seed in your food dish. How motivated would you be to do anything remotely uncomfortable to get that sunflower seed? The answer is not at all, because you have a weeks worth of seeds in your food bowl.

So how can I, your owner, get you to want my sunflower seed? What I would do is change up your diet a bit. And I wouldn't do it over night so you get freaked out. I would slowly wean you off of your mixed seeds or nut diet onto a pellet diet, for 2 reasons.

A pellet diet is a more well rounded nutritional pellet, and is not high in fat, and if you make sure to get the kind that are not colored, then the pellet will be low in sugar also. The second reason is because a mixed seed or nut diet is very high in fat. And you being a human know that anything high in fat tastes very good, even though it is bad for you.

After you have weaned your parrot onto a pellet diet, and also mixing in healthy fruits and vegetables, you can start to use this for your advantage. Before work on lets say

Monday, weigh the amount of food that you put in your parrots dish for that day. And make sure that it is more than your parrot would eat in any given day. Lets

say that amount of food totals 20 grams. Then give your parrot full access to that food for the entire day, and right before you go to bed, I want you to weigh whatever amount of food is left in your birds bowl.

Let's say there is 10 grams of food left in his bowl. That would mean that your parrot ate 10 grams of food that day. This is very important to find out, and you might want to do this a couple 2-3 days in a row just to make sure you get a good feel for how much food your bird eats a day.

When you have figure out how much food your parrot eats, lets say 10 grams of food. What I want you to do is only give your parrot 9 grams of food before you go to work.

When you come home that night pay attention to see if your bird has eaten all the food in his dish. If there isn't any food in his dish than make sure you take your bird OFF OF HIS CAGE and feed him 1 gram of his favorite small treat, like a peanut or sunflower seed. This way we are making sure that your bird is still getting 10 grams of food a day.

But we are spacing the meals he eats out in such a way that he has some motivation to come to you to receive his special treat. Do not be alarmed if your parrot will not eat out of your hand. Most birds overeat and are 10% overweight. So your parrot might very well still be full and have no motivation for the treat.

N "In this case take the pellets out of your birds cage and leave him some fresh fruit and veggies overnight. The fresh fruits and veggies are extremely healthy and when left in there with no other food, if your parrot gets hungry he is forced to eat very healthy food.

On the next morning take out the extra fruits and veggies and be sure to throw them away. We do not want them to spoil and cause your bird to get sick. And replace them with 1 gram less of food than the day before, so 8 grams in our example.

And when you get home that night, hopefully your parrot will be more motivated to come get his special treats from you because he is hungrier. Just make sure to only feed him his treats off of his cage. If you feed your parrot his treats on his cage than he will never learn that he has to come to you for his special treats, and will never get over his fear of getting off his cage.

Providing this hunger motivation is very healthy, and very safe, and never fringes on starving your parrot. By keeping it healthy and safe you will be setting up the foundation for your parrot to not just be more kind, but learn to perform all sorts of tricks every evening to earn his special treats that he only get by getting off of his cage and playing with you.

This has helped many people's birds from biting them or just running away, and turned them around 180 degrees so that now when they see their owners and they want a treat they will do anything they can to get your attention, so that they can come play with you.

If you are looking for the best training videos on how to teach your parrots how to perform tricks, and expose your birds to a whole new realm of learning and fun playtime activities, make sure to check out <http://www.birdtricks.com> as there videos cover all this in an entertaining format.

I did my best to give you a step-by-step manual, which happens to outline all the steps that I personally take when taming and training my birds. I sincerely hope that this manual can guide you and your bird into a loving and trusting relationship, because Lord knows there are too many parrots, and parrot owners who do not understand each other. I wish you the best,

Chet Womach

P.S. Remember, if you are looking for a course to teach your parrot how to talk, even if it's older, or has never talked before, check out [this course](#) for more tips on turning your parrot into a real talker.