

BIRDHOUSE BOARDING

How To Reduce Stress in Parrots During Travel

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A friendly guide to keeping your parrot calm, safe, and confident on the go

1. Help Your Parrot Get Comfortable With the Carrier

- Leave the carrier out for several days
- Add familiar toys or a perch
- Offer treats inside the carrier
- Let your parrot explore it freely

Familiarity turns the carrier into a safe space.

2. Keep the Environment Calm

- Speak softly
- Move slowly
- Avoid rushing
- Reduce loud noises

Your calm energy helps your parrot stay relaxed.

3. Maintain Familiar Routines

- Feed at normal times
- Keep sleep schedules steady
- Avoid major changes before travel

Routine = reassurance.

4. Bring Comfort Items From Home

- Favorite toy
- Familiar perch
- Small piece of cage cover
- A few favorite treats

Familiar scents and textures reduce anxiety.

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5. Ensure Good Ventilation & Temperature

- Keep the carrier well-ventilated
- Avoid direct sun or cold drafts
- Maintain a stable, comfortable temperature

Comfortable birds stay calmer.

6. Minimize Motion Stress

- Secure the carrier so it doesn't slide
- Keep the ride smooth
- Avoid sudden stops or sharp turns

Less movement means less stress.

7. Play Calming Sounds

- Soft music
- Nature sounds
- Your voice

Gentle audio helps soothe anxious parrots.

8. Offer Light Snacks Before Travel

- Provide a small meal
- Avoid heavy feeding right before travel
- Bring a few treats for reassurance

A comfortable stomach helps reduce anxiety.

9. Partially Cover the Carrier

- Leave the front open for airflow
- Cover the sides to reduce visual stress

Creates a cozy, den-like environment.

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♥ 10. Stay Calm and Confident

- Breathe slowly
- Keep your tone steady
- Avoid showing worry

Your parrot mirrors your emotions.

★ THE BOTTOM LINE

Travel doesn't have to be stressful. With preparation, familiarity, and a calm environment, your parrot can travel safely and comfortably — and arrive relaxed and ready for their stay.

Birdhouse Boarding

Safe. Caring. Avian-Focused.

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