

BIRD TALK: Light Up Their Life

Five ways to bring light to your bird

Light, UVA and UVB. Our birds sometimes don't get enough of it when they live inside our homes. Light has many benefits for our birds. It activates Vitamin D into Vitamin D3 to produce calcium for bone development and more. It controls our birds' biological cycles. Light is vital for a bird's physical and mental well-being.

So how do you give them more light? Follow these simple steps here:

1. Window Seat

Place your bird's cage next to or near a window during the day. Leave the window open so the bird can get an unobstructed dose of natural light. When it gets too hot, simply roll your cage back into its normal place. Easy as that!

****For the full article, pick up the February 2008 issue of BIRD TALK****

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