

Free Introductory Guide

CONSIDERING A PARROT?

HERE'S WHAT YOU NEED TO KNOW FIRST



BY DR. NOÉMIE HOFMAN



🦜 WELCOME

Parrots are charismatic, highly intelligent, and deeply emotional animals. They can be loving, curious companions, but they're also complex, loud, and demanding. Many people fall in love with the idea of owning a parrot... only to realize too late that they weren't prepared.

That's where this guide comes in. Whether you're a:

- 🧍‍♀️ First-time bird owner
- 👨‍👧 Family wondering if a parrot is the right fit
- 🦜 Current parrot keeper unsure if you're "doing it right"

...this guide will give you an honest, helpful overview before you go any further

✕ WHAT MOST PEOPLE GET WRONG ABOUT PARROTS



1. **Assuming they're low-maintenance pets**
Parrots need hours of attention, mental stimulation, and regular vet care.

2. **Falling for the myth that they "just need a cage and some seeds"**
In reality, seed-only diets lead to malnutrition and serious illness. A proper diet is varied and specific.

3. **Choosing the wrong species for their home or lifestyle**
Some parrots are loud. Some need constant companionship. Others bite when stressed. Species matters.

4. **Ignoring the impact of noise, mess, and behavioral needs**
Parrots scream, shred, fling food, and chew furniture. It's not a flaw. It's nature.

5. **Missing early signs of stress or illness**
Most birds hide symptoms until it's too late. Owners often notice only once it's urgent (and expensive).





WHAT MAKES PARROT CARE DIFFERENT



Parrots are not like cats, dogs, or hamsters. They're not even like reptiles. They're highly social prey animals who rely on complex environmental and emotional cues to feel safe.

They need:

- Routine and structure
- Proper lighting (UVB), fresh food, and out-of-cage time
- Regular interaction, training, and enrichment
- Space: mentally, emotionally, and physically

They also live a long time. Depending on the species, you could be signing up for 20, 40, or even 60+ years.





🎯 WHAT YOU NEED TO KNOW BEFORE YOU CHOOSE A PARROT

1.Species selection is everything

- 🟢 Easier options: Budgies, Cockatiels, Green-Cheeked Conures
- 🟡 Intermediate: Ringneck Parakeets, Amazon Parrots, Eclectus
- 🔴 Advanced only: Cockatoos, Macaws, African Greys

2.Size = more than wingspan

- Bigger birds = bigger cages, more noise, more mess, and often more emotional intensity

3.Parrots bond deeply and sometimes exclusively

- They can scream for hours if their bonded human leaves
- Some become aggressive toward other family members or pets

4.Even the quietest species need enrichment

- Toys, puzzles, natural branches, foraging: every single day

5.Parrot-proofing your home is essential

- Teflon fumes, air fresheners, and scented candles can be deadly
- Open windows, ceiling fans, or wires pose serious risks



🩺 What Good Parrot Care Includes

- 🏡 **Proper housing:** Large cages, plenty of out-of-cage time, safe sleep space
- 🥬 **Balanced diet:** Pellets, vegetables, limited fruit: no seed-only diets
- 🌞 **UVB lighting:** Vital for calcium absorption and hormonal balance
- 🧠 **Mental stimulation:** Foraging, training, and social interaction daily
- 👩‍⚕️ **Regular vet checkups:** Ideally yearly, with an avian-experienced veterinarian

WHO AM I

(AND WHY THIS MATTERS)



About Me



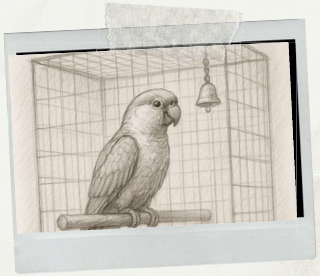
I'm Dr. Noémie Hofman, a veterinarian with years of experience caring for parrots, reptiles, and exotic animals in clinical and wildlife settings. I've treated birds with heartbreaking, and avoidable, illnesses that started with confusion, lack of guidance, or outdated advice.

This guide, and my full course, are built to prevent that. Not with fear. With facts, clarity, and practical help.

This free guide is just the beginning.

A GLIMPSE INTO THE FULL COURSE
(WHAT YOU'LL LEARN IF YOU GO FURTHER)

The full course dives into:



- **Housing:** Species-specific housing plans (indoor and aviary)

- **Nutrition:** Diet planning by bird type. From pellets to fresh food proportions





- **Health & Prevention:** Enrichment that actually works (without turning your home into a bird jungle)

- **Behavior:** How to recognize the subtle signs of stress, illness, or hormonal shifts





- **Printable tools:** feeding planners, housing diagrams, behavior trackers

You'll gain more than information. You'll gain peace of mind

Final Thoughts

Choosing a parrot is more like choosing a lifestyle. It takes patience, research, and intention. But when done right, it's also one of the most rewarding experiences you can have.

This guide is your first step, and it already puts you ahead of most. Whether or not you join my full course, I'm glad you're here.

> Because the birds we love deserve more than good intentions. They deserve informed, committed care. And now, so do you.

