

**We have several recommendations to make in your bird's environment to decrease her reproductive/mating behavior. Please do as much as possible of the following at home:**

- Rearrange perches and toys in her cage at least once a month to decrease her sense of territory
- 12-14 hours of darkness every night to affect what time of year she thinks it is.
- Please bathe her several times per week, up to once a day. Getting wet and needing to groom feathers is distracting. This also affects what time of year she thinks it is.
- Decrease fruits and increase vegetables
- Decrease fatty and starchy foods
- Food should be room-temperature or cooler, and she should not be allowed to take food from your mouth.
- Please do not allow her to snuggle under blankets or clothing, because this imitates nesting behavior.
- Please try to limit touching your bird below her neck, on her back, or under her wings, because this imitates mating behavior and can be very stimulating for her.
- These changes can take a month or so before you see an effect. Hormone injections may be the next step but will only work if her living environment is not too sexually stimulating. The hormone injections are typically given every 3 weeks or so and may need to be given long term.