It seems like birds think about sex. A lot. Maybe even more than male teenagers.

Many human companions handle and touch parrots in sexually stimulating ways, often totally unawares. The same things that many wild parrots do when they are in a mated pair.

Stimulating a parrot sexually can contribute to health issues and problematic behaviors, like screaming, increased aggression, and feather picking. These behaviors strain the bird’s relationship with the people they live with. Much of the problems can be mitigated if we just stop touching parrots below the neck.

Let us consider what our actions may be telling our birds. Do we really want a relationship based on sex? When we pet them, are we making promises we can’t keep? Monogamy? Babies? Meeting the parronts?

For something better, try head scratches and add lots of other activities like foraging, clicker training, safe outdoor playtime and new toys.

To learn more, contact Ballance Behavior & Training. www.BallanceBehavior.com

Parrot erogenous zones? Yep. Pretty much the whole bird! However, petting and touching their head doesn’t usually elicit a sexual response.