

For new budgie owners

Your Budgie's First Week

A simple, day-by-day checklist to help your new budgie settle in calmly and stay healthy.

1 Before your budgie comes home

- [ ] Cage set up: as wide as possible (at least 18 in / 45 cm wide for one budgie), bars no more than ½ in (1.2 cm) apart
- [ ] Natural wood perches in a few different thicknesses
- [ ] Food and water dishes, a cuttlebone or mineral block
- [ ] Two or three toys (not too many at first)
- [ ] Plain paper on the cage floor so you can see droppings
- [ ] The same food your budgie already eats (ask the breeder or store)
- [ ] Cage placed against a wall, away from drafts, windows and the kitchen
- [ ] An avian vet found, and their number saved in your phone
- [ ] Hazards removed: nonstick (PTFE) pan fumes, aerosol sprays, scented candles, open water, ceiling fans
- [ ] Already have birds? A separate room for a 30-day quarantine

2 Day by day

Day 1: Arrival

- [ ] Bring your budgie home in a small, covered carrier
- [ ] Move it straight into the cage, with food and water ready
- [ ] Sprinkle some seed on the cage floor so it's easy to find
- [ ] Keep the room quiet; talk softly, but don't handle
- [ ] Lights out at a regular time: budgies need 10–12 hours of sleep

Days 2–3: Settling in

- [ ] Sit near the cage and talk, sing or read aloud
- [ ] Keep the same daily routine
- [ ] Confirm your budgie is eating, drinking and pooping
- [ ] Don't move the cage or reach inside more than needed

Days 4–5: Building trust

- [ ] Offer a piece of spray millet through the bars
- [ ] Rest your hand near (not in) the cage for a few minutes
- [ ] Look for good signs: preening, chirping, exploring

Days 6–7: First steps

- [ ] Offer a small piece of fresh leafy greens
- [ ] If calm, rest your hand still inside the cage
- [ ] Book a wellness check with an avian vet

Go at your budgie's pace. Every bird is different. If your budgie panics, go back a step for a day or two. Patience now means a tamer, happier bird later.

3 Daily health check

Tick each box once a day. It takes two minutes and helps you spot problems early.

Check	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fresh, clean water	☐	☐	☐	☐	☐	☐	☐
Food topped up (blow off empty husks)	☐	☐	☐	☐	☐	☐	☐
Seen eating	☐	☐	☐	☐	☐	☐	☐
Droppings look normal	☐	☐	☐	☐	☐	☐	☐
Alert, active, feathers smooth	☐	☐	☐	☐	☐	☐	☐
Cage paper changed	☐	☐	☐	☐	☐	☐	☐
Quiet time together	☐	☐	☐	☐	☐	☐	☐
10–12 hours of dark, quiet sleep	☐	☐	☐	☐	☐	☐	☐

Healthy droppings have three parts: green poop, a white cap (urates) and a little clear liquid. A brand-new budgie may have slightly watery droppings from stress for a day or so.

Call an avian vet if you see...

- ☐ Fluffed up and sleepy for long periods
- ☐ Sitting on the cage floor
- ☐ Tail bobbing or breathing with an open beak
- ☐ Not eating or drinking
- ☐ Watery droppings lasting more than a day, or any blood
- ☐ Discharge from the eyes or nostrils
- ☐ Falling, wobbling or unable to perch
- ☐ Any injury

Budgies hide illness well, so act early. Read our full guide: allaboutbudgies.com/signs-of-a-sick-budgie

My budgie's details

Name: _____ Date home: _____

Hatch date / age: _____ Boy or girl: _____

Food brand: _____ Breeder / store: _____

Avian vet: _____ Vet phone: _____

Keep learning

Free guides at **allaboutbudgies.com**: budgie diet and nutrition, taming and behavior, how to tell age and sex, and signs of a sick budgie. Watch the flock on YouTube: **youtube.com/allaboutbudgies**

This checklist is general guidance from a long-time budgie keeper, not veterinary advice. If you're worried about your budgie's health, contact an avian vet.