

# FREE PARROT BODY LANGUAGE QUICK GUIDE

15 signs and what they may mean - always interpret behavior in context.

| Sign                        | What It May Mean                                                                                       |
|-----------------------------|--------------------------------------------------------------------------------------------------------|
| 1. Eye Pinning              | Excitement, intense interest, stimulation, or defensiveness.                                           |
| 2. Fluffed Feathers         | Relaxation or normal feather adjustment; persistent fluffing with other changes can warrant attention. |
| 3. Sleek/Tight Feathers     | Alertness, uncertainty, fear, or intense focus.                                                        |
| 4. Raised Crest             | Excitement, surprise, interest, fear, or defensiveness.                                                |
| 5. Leaning Away             | Your parrot may want more distance or may be uncomfortable.                                            |
| 6. Lunging + Open Beak      | Fear, defensiveness, territorial behavior, high excitement, or a request for space.                    |
| 7. Tail Fanning             | Excitement, display, courtship, or defensive behavior.                                                 |
| 8. Wing Movements           | Stretching, excitement, bathing, balance, exercise, display, or other behaviors.                       |
| 9. Beak Grinding            | Often seen while comfortably resting or settling down.                                                 |
| 10. Crouching/Lowering Body | Can have several meanings depending on the situation and other signals.                                |
| 11. Moving Toward You       | May indicate interest in interacting.                                                                  |
| 12. Stepping Away           | May indicate your parrot wants distance or does not want the interaction.                              |
| 13. Vocalizations           | Sounds provide important context for physical body language.                                           |
| 14. Know What's Normal      | Learn your individual parrot's normal posture, sounds, activity, and behavior.                         |
| 15. Sudden Behavior Changes | Can sometimes accompany illness, pain, stress, or another problem.                                     |

**ALWAYS LOOK AT THE WHOLE BIRD. A single signal can have several meanings. Consider the eyes, feathers, wings, tail, beak, posture, sounds, surroundings, and your parrot's normal behavior together.**

## Free guide from Fun With Parrots

Read the complete article: Parrot Body Language: 15 Signs Explained  
[www.funwithparrots.com/parrot-body-language-15-signs-explained/](http://www.funwithparrots.com/parrot-body-language-15-signs-explained/)

*Educational reference only. A sudden or concerning behavior change, especially with other signs of illness, should be discussed with an avian veterinarian.*