

# Helping birds in autumn

Whilst autumn can be a bountiful time for our feathered friends, we can still help to look after our visitors.



Leave patches wild

Teasel

Allium



Poppy

Leaving an area of your garden to stay wild means more insects and seeds, which are both great food sources for birds! Or give some areas of your garden a trim instead of a full cut. You can then bundle up those trimmings to create habitat piles.

Make sure you wash your hands afterwards and ask for help from an adult.

## Natural Bird Feeding

Replicating how birds feed in the wild is a great way to reduce the chance of diseases and their reliance on humans for food. You can scatter small amounts of food daily on the ground or leave your bird feeder empty for a couple of days every now and then. This helps to encourage birds to forage for their food - maybe even trying out your wild patches!



Ground feeding can help to reduce the risk of disease! Try meal worms or sunflower hearts.



Make sure there is always clean and fresh water available.

Tidy up your nest boxes



Many bird species will be starting to investigate potential nesting sites for next spring. Tidy and clean your nesting boxes ready for new arrivals. See if you can spot any new guests!