

# Helping birds in winter

## Natural feeding tips

1. If you can, try to feed birds in a more natural way. You can do this by scattering sunflower seeds and mealworms so birds can forage like they would do naturally.
2. Make your own home made bird feeder out of halved oranges filled with a mix of bird seed.
3. Try to put your feeders in a sheltered place away from predators ideally in a tree or near some bushes.
4. Always try to keep your feeders clean to help prevent the spread of diseases.
5. Always provide fresh water, preferably collected rain water.

String or twine

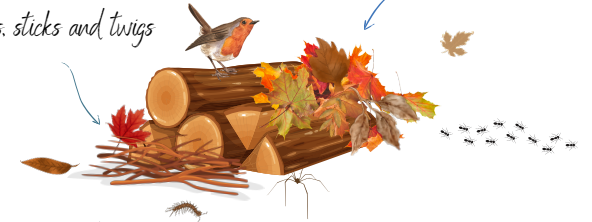
Add your bird seed of choice

Make a hole and tie your string through it so you can hang it from a branch.

Half of a hollowed out orange

Legs, sticks and twigs

Piles of leaves



Try and keep part of your garden wild to encourage insects and the bird will follow.

Put up and clean out your nesting boxes ready for spring!  
If you can, try and position your box away from where you feed the birds.

## Did you know?

Lots of birds migrate to the UK to utilise the seasonal food resources on offer and to escape the bitter cold winters of northern Europe and beyond. This also includes partial migrants, which means our own population of certain species like robins and starlings stay in the UK, then others migrate here and join them from colder countries.

Did you know that UK swallows migrate in winter to southern Africa, a journey that's over 6000 miles, which can take them around 40 days! They then make their return journey to the UK in March and April, ready for spring time.

## Birds to spot



Song Thrush



Long-tailed tit



Nuthatch



Goldfinch

