

Beginning Birding

Birding is a wonderful hobby that can be enjoyed by the whole family. Birding provides a fun way to explore the outdoors and encourages protection of habitat for our feathered friends.

Where to birdwatch? A great place to start birdwatching is right outside your window. Observe and learn about the birds near your home, in your yard, and your neighborhood.



Visit a local park. We enjoy visiting the Tualatin River National Wildlife Refuge. The refuge has trails that border the Tualatin River and in the center of the refuge is a large water area that attracts birds year-round. The Friends of the Tualatin River NWR host many family friendly education programs and events.

For other favorite birding spots check out this list from Portland Audubon:

<https://audubonportland.org/go-outside/destinations/portland-metro-area-birding-hotspots/>

Tools for Identifying Birds: To help you identify birds observe their color, markings, size, and shape. Use a resource such as the Audubon's Kids Guide to Oregon Birds (<https://audubonportland.org/go-outside/kids-guide-to-oregon-birds/>) to identify birds. Other bird identification tools include apps like Audubon's Bird Guide App or birding books such as the Birds of Oregon Field Guide by Stan Tekiela.



Want to attract more birds to your yard? Plant native plants to provide familiar habitat and a dependable food source. Provide places for shelter this could include a birdhouse, a brush pile, or shrubs and trees. Leave the fall leaves so birds can forage for insects and have nest building materials. Avoid pesticides and herbicides which can be toxic to birds. Add a birdbath or bird feeder. Change water frequently in your birdbath and make sure to keep all feeders and baths clean to prevent spreading disease or bacteria.

Activities for Birdwatching:



I spy a bird game. Print the Audubon's Kids Guide to Oregon Birds and check off each bird you find in your yard or while exploring your favorite park. For more of a challenge learn the bird sounds of each bird or expand your list to include 3 birds you saw that were not on the list. For additional fun nature scavenger hunts check out Hoyt Arboretum's self-led activities page: <https://www.hoytarboretum.org/learn/youth/self-led-activities/>

Hang up a hummingbird feeder. Follow this simple recipe to fill your feeder: Mix 1/4 cup of sugar and 3/4 cup water. Mix until sugar is dissolved. Hang it in a spot for easy viewing and enjoy!



What to do if you find an injured bird? Call the Portland Audubon's Injured Wildlife Hotline at 503-292-0304 or check out their resource page at <https://audubonportland.org/our-work/rehabilitate-wildlife/wildlife-care-center/>.