Conservation Checklist

Here are some more bird-friendly actions you can take to help your feathered friends. Check them off as you complete them. Maybe there are some you do already!

- Make a window in your house or apartment bird-safe
- Plant a native plant (a plant that is indigenous, or evolved to live here)
- Keep your cat indoors or build them a catio or take them out on a leash
- Keep your dogs leashed at all times, except when at an off-leash dog park
- Keep your raked leaves in the fall and use them as mulch for your trees and plants
- Put out a bird bath or water source and clean it every day
- Leave seeds on plants into the fall and winter
- Give bird nests and nestlings lots of space

For more information on actions you can take to help your local birds, visit seattleaudubon.org.

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Let’s Go Birding!

Observing birds is one of the easiest ways to get outside and enjoy nature. No matter where you live, there is sure to be a bird nearby. This field guide will introduce you to 32 common Seattle birds along with some tips on how to find and observe them.

What you will need to go birding:
• This field guide or another guide with photos. Some free apps include:
  • Merlin Bird ID
  • eBird
  • Audubon Bird Guide
• Appropriate clothes for the weather
• A calm body and calm voice so that the birds don’t get scared away
• Optional: Binoculars (these are not required to have a good time observing birds but can be helpful to see more detail)

Some good birding spots you can visit:
• Your own neighborhood!
• A park near you with some green space (like trees, or a small pond)
• Magnuson Park (Sand Point)
• Lincoln Park (West Seattle)
• Discovery Park (Magnolia)
• Boeing Creek/Shoreview Park (Shoreline)
• Seward Park (South Seattle)

For more information, visit www.seattleaudubon.org or call: 206-523-4483

AT HOME

Action #3: Say NO to poisons!
Pesticides like rat/mouse poison and herbicides like weed killers harm birds, too. Birds can get sick and die from eating rodents that have eaten poison, or from eating seeds and berries off of plants that have been sprayed with weed killer.

Birds that are especially harmed by rodenticides and herbicides include hawks, owls, and seed-eating birds like finches.

Action #4: Make your yard bird-friendly!
Many birds rely on big trees and native plants for food and shelter. Letting your yard get a little wild with leaf and brush piles and seed pods left on summer plants will increase foraging space for the birds that come visit. No yard? Add a potted native plant to your patio or balcony.

Birds love digging through leaf piles for their favorite insect treats, and others love to enjoy berries off of native plants like this Oregon grape!
Helping Birds

Many of the birds that live in the city are faced with threats and dangers that make it harder for them to survive in their habitat. Luckily, there are many conservation actions we can do at home today to make the environment safer for our feathered friends.

**Action #1: Make your windows bird-safe!**

Birds are confused by the reflections on windows, which makes them think that can fly into them. When a bird hits a window, they can get hurt badly and/or die. Help the birds around your home by adding decals, stickers, or drawings on the outside of your windows.

DIY window decals made of glue
Feather Friendly window tape

**Action #2: Keep your cats indoors!**

Cats are master hunters and catch lots of birds. They can't be trained to NOT hunt and will hunt them even when they're not hungry. You can keep birds (and your cats) safe by keeping them indoors, building them an outdoor catio, or taking them out on a leash.

Observing the colors and patterns, or field marks of a bird are a good way to help you decide what species of bird you are seeing. Try to look at overall colors on the head, belly, tail, and wings. Also observe patterns on different parts of the body, too.

Red-breasted Nuthatch

White eyebrow
Black eyeline
Grey back and tail
White neck
Light orange belly

Another thing to notice when observing birds is their overall body shape, or silhouette. Is the bird tall, plump, thin, or short? Does it have long or short legs? Long or short neck? Is the body or head shape round or more oval-shaped? What is the shape of its beak? Can you identify the birds below using only their shape?

A.  B.  C.
D.  E.  F.

___ ROBIN
___ WOODPECKER
___ HUMMINGBIRD
___ FINCH
___ WREN
___ CHICKADEE
**Backyard Birds (High)**

These birds are commonly found in backyards and urban neighborhoods. Look for them higher up in trees and bushes!

- **Anna’s Hummingbird**
  - Greg Lavaty
  - Calls and Behavior

- **Bushtit**
  - Tom Grey
  - Bushtit

- **American Crow**
  - Tom Grey

- **Black-capped Chickadee**
  - Lee Barnes
  - Black-capped Chickadee

- **Steller’s Jay**
  - Joseph Higbee

- **Bewick’s Wren**
  - Tom Grey

- **Red-breasted Nuthatch**
  - Greg Lavaty

- **European Starling**
  - Greg Lavaty

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**Calls and Behavior**

Birds can make many different sounds with their **calls** and **songs**. Sometimes turning bird songs into words or **mnemonics** will help you remember what they sound like.

- **Chickadee-dee-dee-dee!**
  - Black-capped Chickadee

- **Konka-ree-oo!**
  - Red-winged Blackbird

- **See mee, pretty pretty mee!**
  - White-crowned Sparrow

- **Konka-ree-oo!**
  - European Starling

- **Chicka-dee-dee-dee!**

How does the bird **behave**? Does it walk or hop? Does it flap its wings a lot or soar when flying? Is it swimming? Diving? How does it eat? Does it move slowly or quickly? Is it perching or hovering in the air? Is it alone or with a big group?
Beaks and Bills

A bird’s beak, or bill, is their most important tool. They use it to eat, build nests, take care of their feathers, and more! Bird bills come in all shapes and sizes and are a good clue for us to guess what they eat. Can you match the correct food to each bird’s beak?

- Finch
- Flower Nectar
- Eagle
- Seeds
- Hummingbird
- Beetles and beetle larva
- Wren
- Fish and small mammals
- Heron
- Insects and Spiders
- Woodpecker
- Fish and Frogs

Backyard Birds (Low)

These birds are also commonly found in backyards and urban neighborhoods. Look for them down low, on or near the ground!

- Dark-eyed Junco
- Spotted Towhee
- House Sparrow
- White-crowned Sparrow
- American Robin
- Northern Flicker
- Pine Siskin
- House Finch

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**Forest/Park Birds**

These birds might come to backyards, but are also commonly seen in parks with larger natural areas, like forests and meadows that are further away from buildings and parking lots.

- Pileated Woodpecker
- Downy Woodpecker
- Cooper’s Hawk
- Barred Owl
- Barn Swallow
- American Goldfinch
- Song Sparrow
- Bald Eagle

**Habitat Matching**

- **in a park or lawn**
  - Red-winged Blackbird
  - Steller’s Jay
- **at a feeder**
  - American Coot
  - House Sparrow
- **in an urban area**
  - European Starling
  - Barn Swallow
Habitat Matching

A bird’s habitat is the environment where it is normally found. Is this bird in a park? Forest? Wetland? In the city? Draw a line from each bird to the habitat where you think it lives. You can draw more than one line from each bird.

Pond and Wetland Species

These birds are most commonly seen in areas where there is water, like ponds, lakes, or the Puget Sound.

- Mallard (female and male)
- American Coot
- Red-winged Blackbird
- Belted Kingfisher
- Killdeer
- Glaucous-winged Gull
- Double-crested Cormorant
- Great Blue Heron
Today's Date: ______________ Weather: ________________
Location: _________________________________

My Observations

The birds I saw today:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Other things I saw today:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

The most interesting thing I found: ____________________________
___________________________________________________________
Where I saw it: ______________
What it was doing: _________________________________________
__________________________________________________________________

Use this space to take notes or sketch your observations