



BALLINAHOWN COMMUNITY DEVELOPMENT

Winter Challenge – Bird Watch



The winter months are the most difficult months for birds to forage and find food. It is important you set up a bird feeder in your garden. It is enjoyable to watch the difficult visit your garden and use your feeder. You can record the birds you spot every day. This is an interesting activity as you can see when birds migrate for the winter and return in Spring/ Summer.

Did you know, that if you grow sunflowers in the summer and then leave the deadheads on them over winter, small birds will feed on the seeds all winter.

Fill up bird feeders to hang in your garden – seeds, fat balls and fat cakes will encourage regular visitors to your garden

Help bugs to shelter this winter by recreating dry nooks and crannies using stacked log piles – ladybirds and butterflies love these.

If you don't have a garden, plant a winter window box instead – evergreens and hardy heathers are great at surviving this time of year.



Provide fresh water for birds as they need to keep their plumage especially clean in winter – swap out if it freezes, brrr!