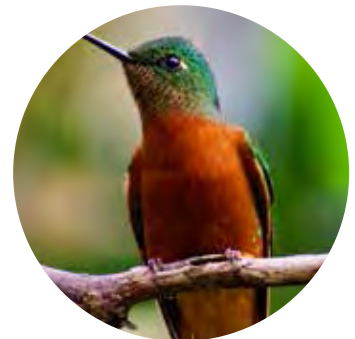




Building a Bird Box

Your **Grow Green @ Home** project is your way to restore local ecosystem, nurture the things you care most about, stay close to home, and help raise money for Nature Canada's Restoration Fund. In addition to fresh air and Vitamin D, studies have shown that spending time in nature can calm blood pressure, stimulate a positive mood and provide even greater sleep benefits.

Bird populations are also in dramatic decline across our continent, with more than $\frac{1}{4}$ of birds having disappeared in the last 50 years. Across the world, migratory bird populations and pollinators are in trouble due to many human-related activities, not the least of which are habitat loss and fragmentation. In North America alone, we have lost nearly 3 billion birds in the last 50 years. Although this is a grim reality, it is not one without hope!



Building nest boxes provides nesting habitats for threatened species. Participants can identify a species of interest, learn about their life cycle and unique challenges they face. Participants can construct and monitor their nest box and share their findings.

For your **Grow Green @ Home**, we encourage you to consider the actions you can take to help provide vital breeding habitat on your property. Here's some information that will help you design and install nest-boxes on and around your landscape. Nest boxes are human-constructed cavities that birds can use to build their nests in, and raise their young. Building and installing a nest box can be a fun, family activity that has a very positive impact on local populations of bird species in your area.



Step 1: Select a bird species in your area. Different species of birds require different nesting conditions to have successful breeding cycles.

Step 2: Gather the materials required for building, and create the nest box.



Untreated wood: it is important to get wood that is untreated because these birds are laying their eggs inside, any harmful chemicals, leeching into the nesting materials, eggs and chicks could have detrimental consequences.

Non-rusting hardware: rust poses a health risk both to the birds using the box and the tree to which the box may be secured.



Step 3: Using species guidelines, plan out the location where you will install the nest box.



Step 4: Install predator guards to protect the nesting birds in your nest box. (Including installing baffles on the pole/post of the nest box, PVC shield around the entrance hole to prevent squirrels from chewing their way in and ensuring that the nest box has a sloped roof which overhangs the entrance hole).

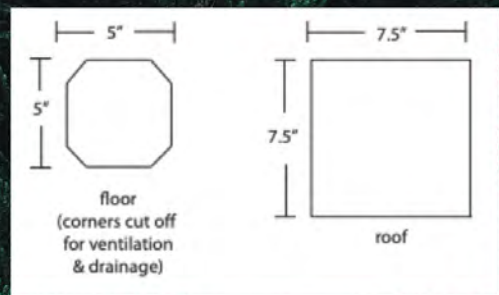
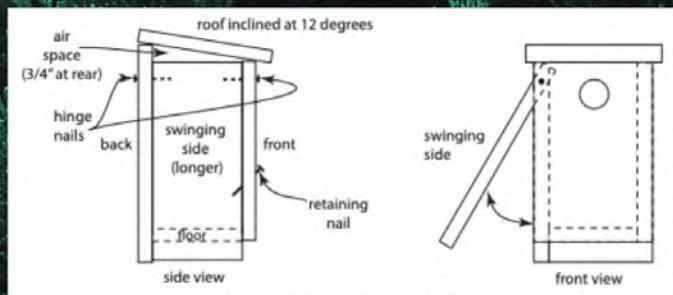


Step 5: Monitor the nest box frequently to understand if it is being used and achieving the desired results. Please do not monitor it any way that will disturb or scare the nesting birds in the nest box.

Thank you so much for joining us to [Grow Green @ Home](#). Thanks for restoring nature near your home! We are so excited to see what you can do. If you have any questions feel free to contact Cheyanne at crichardson@naturecanada.ca

- Take Root, Nurture Nature -





Bird Nesting Box Dimensions For Tree Swallows

