

## How can you help birds in cities?

Life for birds in cities can be especially tough. Here are a few things you can do to help birds and people in cities:



**Go Outside.** Possibly the most important thing you can do is get to know your neighborhood nature and encourage others to do the same. You can't save what you don't know! The health benefits of green spaces include lowered aggression, establishing a sense of community, more creative play, less fear, less violence, and much more!

**Participate in Celebrate Urban Birds.** Help scientists learn more about birds and the value of green spaces. It's easy, free and exciting. No prior knowledge of bird identification is required.

**Windows are dangerous.** Break up window reflections, place feeders closer to windows, or attach netting to cover the outside of your window.

**Keep cats indoors.** Cats kill millions of birds each year. Ground-feeding and ground-nesting birds and fledglings are at greatest risk.

**Chemical pesticides can harm birds.** Look for alternatives when possible.

**Turn off the lights!** Migratory birds collide with windows of lit buildings at night. Turn off lights whenever possible, especially during migrations.

**Provide water.** Shallow pools of clean water (especially with water drips) are essential for birds.

**Green your corner of the world** (balcony, rooftop, front stoop, or small yard). Provide a variety of native flowers, bushes, and if possible trees that will provide cover and a steady supply of food (berries, seeds, and nectar) year round. Select plants of different heights to create an optimal multilevel design.

Here's a sample of plants that grow well in containers and are good for birds:

1. Cosmos
2. Coneflowers
3. Sunflowers
4. Nasturtiums
5. Wintergreen
6. Rudbeckia
7. Coreopsis
8. Blueberries/strawberries
9. Trumpet Vine
10. Dwarf Birch
11. Chokecherry
12. Columbine
13. Love lies-bleeding
14. 'Purple Majesty' ornamental millet
15. Autumn sage
16. Little Blue Stem grass
17. Celosia
18. Staghorn sumac (yellow leaf form)
19. 'Red Sprite' (dwarf winterberry- needs male plant for pollination and fruiting)
20. Elderberry

Learn more at [www.CelebrateUrbanBirds.org](http://www.CelebrateUrbanBirds.org)