Peahen Care (LJ's Version)

Created by Alex Miller — A Miller Petsitting LLC — April 2026

LJ is a 7-year-old leucistic peahen. She is one of the sweetest souls on Earth and loves to be pet on her beak, head, and neck. Below are a few highlights from my research and personal observations while caring for her from March 25 through April 13, 2026, that I hope will be useful to her humans and any future caretakers.







🏠 Housing & Space

Peafowl are active birds that need significantly more room than most backyard poultry for long-term health and happiness. They need plenty of space to strut, dance, preen, forage, and explore to stay happy and engaged.

Minimum Space Requirements

- 100-160 sq ft per bird per enclosure.
- 12-15 ft in length and 4-8 ft in height per enclosure.

Shelter & Safety

- Perches at multiple heights allow natural roosting behavior, which is important for a sense of security.
- Solid flooring with litter encourages foraging naturally and is easier on the feet.

> 🪶 **Good to know:**
> Chronic stress from inadequate space suppresses the immune system over time, making peafowl more prone to illness, feather problems, and behavioral issues.

🥗 Diet & Water

Peafowl are omnivores (they eat both plants and animals) so getting their nutrition right will make a noticeable difference in energy, feather condition, and immune health. Fresh food at least twice a day is essential.

What to Feed

- **40% Grains & Seeds** — wheat, corn, barley, millet, game bird pellets (Purina Game Bird Flight Conditioner)
- **30% Protein** — boiled or scrambled eggs, live insects (mealworms or crickets)
- **20% Vegetables** — leafy greens (romaine, kale, spinach, etc), carrots, sweet potato
- **10% Treats** — berries, melon, oats, seeds, nuts, high-quality cat food (occasional)

Foods to Avoid

- Avocado, chocolate, garlic, and onion (all toxic to birds).
- High-fat, heavily salted, spoiled, or sugary foods.

Water

- Fresh, clean water must be available at all times — peafowl drink 2-3 cups per day.
- Change daily and clean containers regularly to prevent bacteria buildup.

> 💧 **Quick tip:**
> Free-choice feeding (food always available in a trough) works well for a single bird to eat on her own schedule. Hand-feeding builds tameness but requires commitment to consistency. It can also be fun for her to peck at foods hanging around her enclosure, or forage for seeds on the ground rather than from a feeder.

🐦 Social Needs & Enrichment

Peafowl are naturally social birds, and their mental and emotional wellbeing matters just as much as their physical care. Boredom and loneliness can lead to stress behaviors that affect health over time.

Social Needs

- Peafowl are flock animals by nature, but a single bird can do okay with regular human interaction. Daily interaction with caretakers helps keep her calm, tame, and mentally stimulated.

Signs of Stress

- Excessive pacing, repetitive behaviors, feather-picking, sudden aggression, loss of appetite, hiding/withdrawal, excessive or unusual vocalizations, fluffed feathers at rest, rapid head bobbing, trembling, changes in droppings

Enrichment Ideas

- **Hide small treats** like mealworms or seeds around her enclosure for her to find.
- **Change up objects inside the enclosure** periodically. Adding new perches, logs, or structures keeps things interesting.
- **Keep a shallow pan of water or dust for bathing**, as peafowl enjoy both.
- **Spend time nearby**, talking to her or work on training simple cues to build trust and provide mental stimulation.
- **Supervised outside time** will always be enriching. Fresh air and daily sunlight are great for her health.

❤️ **The long view:**
With proper care, peafowl can live 20+ years. Investing the time now in getting her setup right will pay off in a healthier, happier bird for the coming decades.

If you ever have questions or need help with LJ again, I'm always here for you!

📋 Quick Guide

Category	Key Points
Space	Roofed enclosure • 100-160 sq ft minimum • 4-8 ft tall • Perches at multiple heights • Access to food and water
Food	40% grains • 30% protein • 20% vegetables • 10% treats
Water	2-3 cups/day • Change daily
Avoid	Avocado • Chocolate • Garlic • Onion • High in fat or salt
Social	Daily interaction • Foraging enrichment • Watch for stress
Lifespan	20-30 years with proper care in captivity