# Bluebird Society of Pennsylvania

# Junior Member Winter News

# February 2026

***Brrr - It's Cold Out There***

Birds are warm-blooded just like we are. In spite of cold weather, birds have ways to keep themselves warm. How do they do it?

You probably have noticed that the one thing birds do when it's cold is to fluff up their feathers. Underneath the contour feathers that cover their body is a layer of down that traps warmth close to their bodies just like the insulation in your winter coat does.

It takes more energy to stay warm when the weather is cold, snowy or rainy, so you will see birds eat a lot when weather is unfavorable. They gain weight during the day, but lose weight on cold nights. You can help bluebirds by putting bluebird nuggets, suet and peanut-butter mixtures, or mealworms on a platform feeder. A wire cage feeder will keep squirrels and starlings out. They will eat all of the bluebird treats if they can.

Bluebirds also stay warm at night by using nest boxes or tree cavities to block the wind and cold. It is not uncommon for multiple bluebirds to share the same space and roost together. Songbirds will also burrow their way into brush piles or shelter in shrubs with dense foliage.

If you have birds that visit your backyard, provide a source for water, especially in winter. A heated birdbath prevents water from freezing. The water needs to be emptied and refilled every day. Empty the birdbath at dusk, scrub it with a brush, and turn off the heater. In the morning, put in fresh water and turn the heater on once again.

I encourage you to mail your bird stories, drawings, or photos to BSP, Box 756, Mechanicsburg, PA 17055 or email susandurgin@gmail.com.