

Radiant Robins



This month, we're going to learn more about one of our most well-known garden birds, that are even more popular at this time of year - we're talking about robins, of course!

Robins are such beautiful birds, with their dazzling red breast and cheeky (and sometimes quite fiery!) nature. They're usually quite tame, so it's not hard to spot them in your garden or when out and about.

Where do robins live?

Robins live all over the UK and spend their time living in woodland, parks, gardens, and hedgerows.

Robins are very territorial, meaning they defend the area they believe is their home and it's one of the reasons they have a bright red breast! Male robins mark out the boundaries of their territory by singing very loudly, especially in spring.

What do they eat?

Robins love to feast on worms, seeds, fruits and insects. They're very good at following people around as they do a spot of gardening, as they're on the lookout for any worms or insects that may be dug up!

Helping robins in winter...

Winter is really hard for robins, as it is for all birds. They can lose up to 10% of their body weight during one night in really cold, freezing temperatures - so surviving winter can be hard! To help them build up their fat reserves and cope with the cold, you can feed them mealworms and suet, placed on a bird table in a safe garden space. Something as simple as this can make a world of difference.

FUN FACT

Robins became Britain's birds of Christmas because during Victorian times, when the tradition of sending Christmas cards first began, postmen used to wear red waistcoats, earning them the nickname 'robin redbreasts'! Robins started to appear on Christmas cards to represent the postmen who had delivered them.

DID YOU KNOW?

Feeding garden birds started long ago, back in the sixth century. It all began when Saint Serf hand tamed a robin by offering it little morsels of food.

FUN FACT

Robins have been known to nest in some very odd places, such as barbecues, postboxes and even old teapots!

