

Randall Children's Hospital at Legacy Emanuel

Summer Family Gardening

Top 4 Tips for Attracting Hummingbirds to Your Garden

Just provide the essential elements wildlife need for survival — food, water, shelter and places to raise young. Here are four helpful tips to create a welcoming haven for hummingbirds!

1. Hang a feeder.

Offer sugar water in a hummingbird feeder by mixing one part sugar to four parts boiling water. (Adults will supervise). Change the water every week. The “nectar” can spoil quickly, sending a hummer away no matter how hungry it is.

2. Make sure your flowers are a favorite.

Plant annuals and perennials with different blooming periods. You'll have a steady supply of flowers in your yard from early spring until fall to attract hummingbirds and keep them there. Red, purple and tubular flowers are favorites, but also consider native honeysuckles, most varieties of sages or salvia, and many types of columbine.

3. Leaving some insects can be beneficial.

While many people think hummingbirds feed only on nectar, the birds feed their young a diet made up almost entirely of small insects. In addition, adult birds need regular doses of protein from mosquitoes, spiders, thrips, gnats and other arthropods.

4. Don't forget water.

If you have a birdbath, place a couple of flat rocks in it to give the tiny birds a chance to bathe. Running water seems to be a magnet to hummers — they will even fly through the spray of a sprinkler.

By creating a welcoming haven for wildlife, you'll not only benefit by seeing amazing wildlife like hummingbirds all year long, but the National Wildlife Foundation will also thank you with great benefits! The Randall Children's Hospital Garden is certified as a wildlife habitat! Certify your garden today too! [Certify today!](#)

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