

- About me
- I spend most of my time clinging to tree trunks and branches
- My 'drumming' is a familiar sound in our woods and parks
- This is a way of me communicating and I use it to mark my territory
- I have shock-absorbent tissue at the base of my beak to cushion the impact of drumming!
- Insects, seeds and nuts



What I

eat

- I probe tree trunks with a long, sticky tongue to get insects
- You might see me on bird feeders in winter



colours

- l'm black and white with red underneath my tail
- Males have a red patch on the back of the head



Where I

live

- Woodlands, parks, gardens
- Throughout the UK apart from northern Scotland

My nest

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In holes that I peck in trees in broadleaved woodlands, parks or gardens.