



# Rehoming My Pet

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We are sorry to hear your sad news, we know this must be hard for you.

Anytime we need to rehome a pet is upsetting as we love our friend very much.

Although we can't change this decision, we wanted to help you get through this difficult time.



What am I feeling?

You may be feeling sad, disappointed or even angry about the decision that's been made to rehome your pet.

All of these feelings are normal and you are probably unhappy that you didn't get to stop the decision. Remember, feelings are something we all have and they are important. You are allowed to feel upset.

We want you to know that this was a difficult choice for your grown up to make. They love your pet too and they will have thought long and hard about all the ways they could keep them. However sometimes they may not have a choice. Being a grown up is hard sometimes and we need to make hard choices, like rehoming a much loved pet.

# Emotions are Tricky



# How Could This Happen?

There can be lots of reasons we need to rehome a pet.

We may be moving house and can't take our pet with us or we may not be able to afford to look after them properly. It may even be that your pet is grumpy and may not be safe living with us any more.

The main thing about having a pet is making sure we can look after them and keep them happy and healthy. We must be kind and sometimes being kind means choosing to give them a home that can give them everything they need.

It may not be what we want, but I may be what your pet needs. We rehome pets out of love because we want them to be happy and have the best life possible.



It might be hard to feel happy at the moment, but we have a few ways to try and work through our feelings.

Here are some things you can do:

- Speak to a trusted adult about how you feel, being upset is normal. Talking about our feelings will help ease our worries and in time help us feel better.
- Write a letter to your pet's new family about what they like, their favourite game and pack your pet a going away bag. This can have their bed and favourite toys, this way you know your pet will remember you and feel safer in their new home. .

On the next two pages you will find a "Feelings Diary", which could be helpful to look through with your grown up.

# What Can I Do Now?

Talking is important, but try not to shout or be mean. Speaking calmly will help your grown up understand how you are feeling and how to help you best.



# My Feelings Diary

We would like you to keep track on your feelings, just for a little while. It will help your grown up work out how you are doing and how to help.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today I feel:							
What went well today?							
What would make your day better?							
Happy boost (This is something planned, like playing a board game with your grown up)							

*Tip for grown ups - The "Happy Boost" section is a chance for you to do something with your child. This could be a board game, walk or reading a book together to allow time to mend, listen and talk.*

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In time you will begin to feel better, you will still miss your pet, but it won't hurt as much. You may not believe it now, but feeling better is a good thing.

You deserve to be happy again because you were a good friend to your pet.

Remember, there will always be a trusted adult who will help you and listen to your thoughts and feelings.



With love,  
The Vetsure Team 

