

# Time to Say Goodbye

Dealing with the loss of a pet






We are so sorry to hear about your sad news.

You might be feeling sad, cross or you may be finding it hard to work out how you are feeling.

That's because feelings are tricky to understand sometimes.

Firstly, and this is the most important thing, we wanted to let you know that it is okay to be sad.

We are hopefully going to be able to help you understand what has happened and what can be done to help you with your feelings at this time.



# Why did this happen?

Our pets love us, and we love them.

Sometimes when our pets are very old or poorly, they begin to find it hard to move around comfortably or they may be in pain.

Sometimes, there may be nothing more your vet or grown up can do to make your pet feel better. The grown ups must decide if it is kind to let our pet keep feeling poorly.

We need to be kind to our pets so they can be happy. If your pet is very old or unwell it might not be kind to keep them feeling this way.

It is a very hard decision for a grown up to make, but sometimes the kind thing to do is to say goodbye and let your pet pass away.



# What am I feeling?

It is important to talk about our feelings and being sad is one of the feelings we have when something upsetting happens, but it's not the only feeling you may have.

You could feel sad, cross or disappointed with what has happened. All of these feelings are completely normal for this situation. Your feelings are valid and important.

You may be upset that the vet or the adults around you must make this decision. It is easy to blame someone for your pet needing to pass away, but it is important to know that your family will be sad too. They love your pet as much as you do and it is a hard decision to make.

They are making the choice out of love for your pet. It doesn't mean you shouldn't feel this way, but you need to know that these feelings over time will pass and you will feel better. These feelings are not forever.



Why not put a photo of your pet from a happy time here?



# What can I do now?

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:

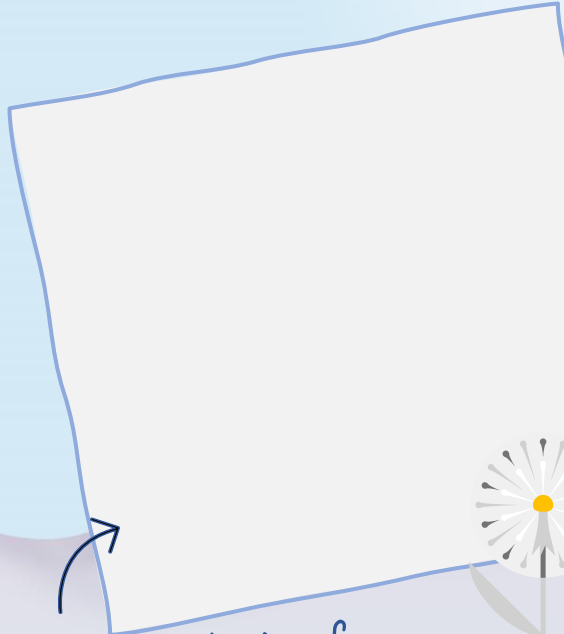
- Draw a picture of your pet doing something that they enjoyed doing, this could be sleeping in the sun or running in the park. It is important to remember all the fun times you and your pet had together.
- Speak to a trusted adult about how you feel, being upset is normal and by speaking to someone you may feel supported.
- Write a letter to your pet to let them know how good they were and try to include all the good memories you have.

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





# My Pets Memory Page



This photo is of

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This photo is of

.....



This photo is of

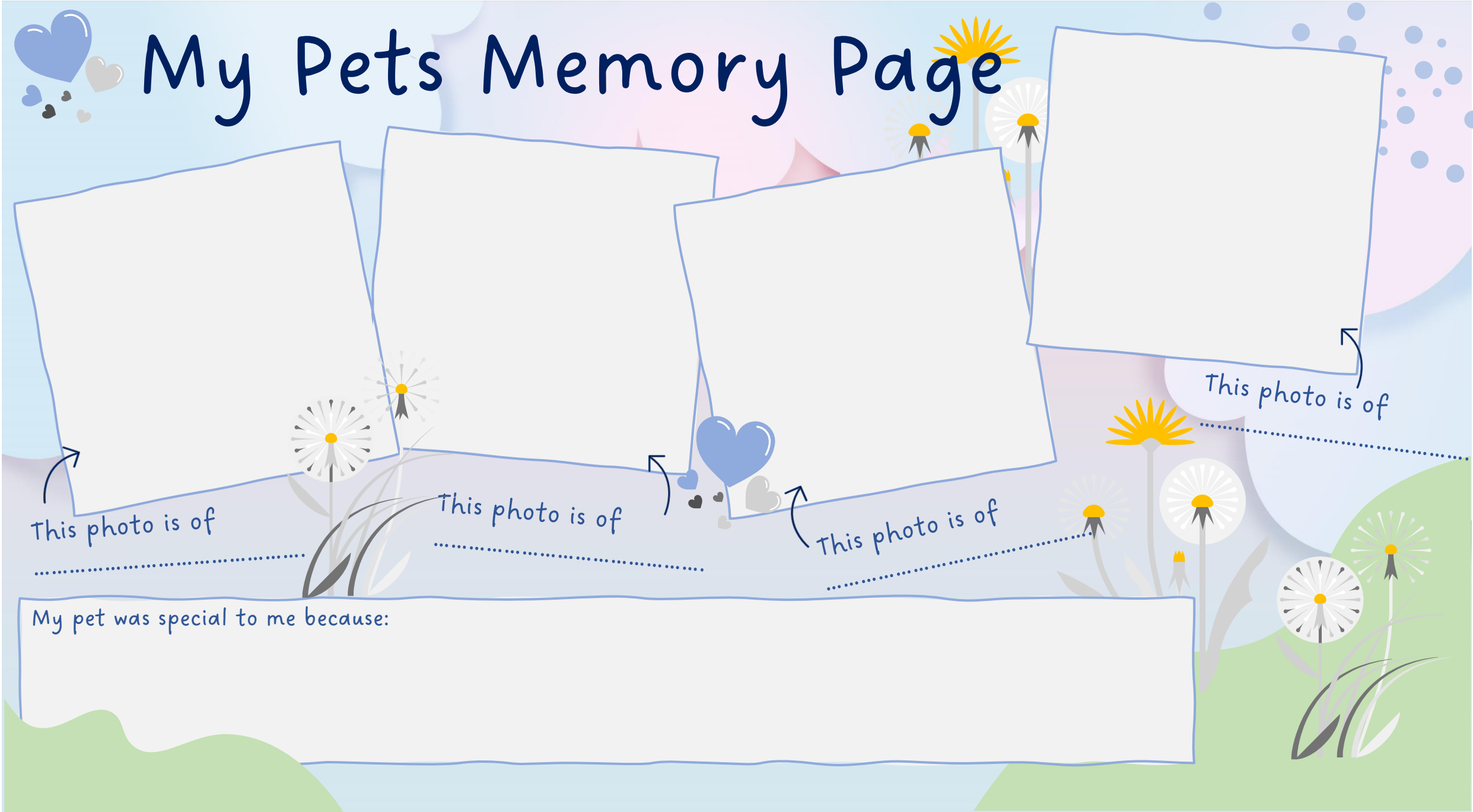
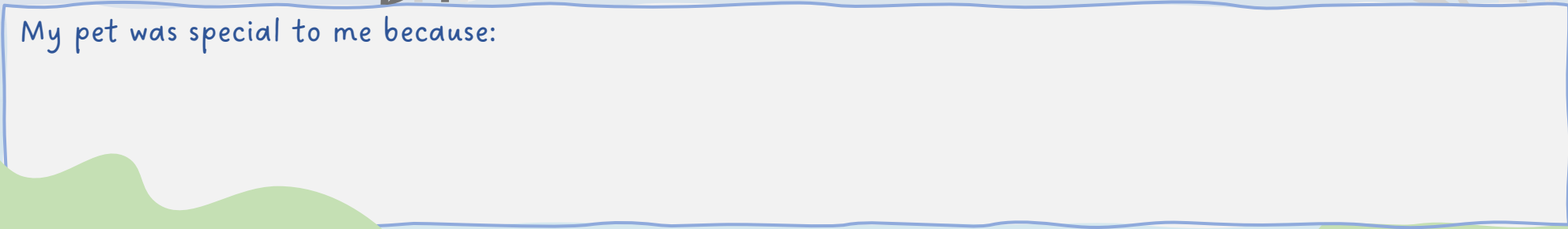
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This photo is of

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My pet was special to me because:







# My Feelings Diary

We would like you to keep track of 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.*





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 