

When your pet dies : some tips to help you to cope / RSPCA.

Contributors

Royal Society for the Prevention of Cruelty to Animals.

Publication/Creation

Horsham : RSPCA, 1993.

Persistent URL

<https://wellcomecollection.org/works/wyrpxhkz>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

If your pet is put to sleep

If your pet is very ill and unlikely to recover, your vet may suggest that it is put to sleep, to make the death

easier and peaceful. This can be a very difficult decision to make, but it is one of the kindest things that an owner can do for a suffering animal. Don't be afraid to show how upset you are in front of the vet.

A sympathetic vet will understand your feelings.



Should I get a new pet?

This is something only you can decide. Listen to your own feelings. You may feel that no other pet can take your old pet's place. But, if you feel that the time is right to get a new pet, that's fine too. Allow yourself time to think about getting a new pet.

How to help children

The death of a pet is often a child's first experience of death.

Tell children the truth.

Remember that it's alright for your children to see you upset, and it may encourage them to let their feelings out too.

Don't avoid talking to your child about the pet, but try to concentrate on the good times.

If you lost a pet when you were young, tell your children how you felt. But try not to tell them how they should be feeling.

Help your children to understand that they are not to blame for the pet's death.

Don't talk about getting a new pet too soon. Your child will need time to get over the death of the old pet.

Further reading:

Death of an Animal Friend.
Society for Companion Animal Studies
(tel. 041-956 5950), £2.50

Absent Friend.
Laura and Martyn Lee, Henston, £4.95

Your local RSPCA branch is:



22500835629

24-11-92: Forest Hill Libr



Causeway
Horsham
West Sussex
RH12 1HG
Telephone
(0403) 264181

Registered Charity
No. 219099

P.91 3.93

RSPCA Pet care

When your pet dies

Some tips to help you cope



It's perfectly natural to feel upset and emotional when your pet dies. Your pet has probably been part of your life for quite a few years. You've looked after it, loved it, fed it, and enjoyed its company.



Give yourself time to get over your loss. No one can say exactly how long this will take, because everyone is different. You may feel better after a few weeks, but some people find that remembering their pet's death still makes them upset, even after several years.

Many people find their own way of coping with the loss of a pet, but we hope that some of the tips in this leaflet will help to make the difficult times a little easier.

Share your feelings

It really helps to talk about your pet's death, especially to friends and relatives who have had a similar experience.

You may be surprised at how many other people have been upset over a pet who has died, and how similar your feelings are.

Some people also find it helpful to write their thoughts and feelings down.

Feeling angry

It's quite normal to feel angry when your pet dies, or to feel that its death was 'unfair'— particularly if the animal had a serious disease or was involved in an accident. These emotions are part of the process of coming to terms with your loss.

In remembrance

You might like to hold a special ceremony of remembrance in honour of your

pet, perhaps burying a memento or planting a tree or shrub in a favourite part of the garden. Some people feel that this is a good way of showing their pet the respect it deserves. It's also a good opportunity to let out some of your emotions.

Try not to feel guilty

Try not to blame yourself for your pet's death. If you gave it care and attention during its life, and took it to your veterinary surgeon when it was ill, you have done all you can. Try not to blame other people either. Vets cannot always save an animal's life.

If your pet died as a result of an accident, there was probably nothing you could have done to prevent this.

Treasure your memories

It's natural to think about how much you will miss your pet. But try to remember the good times too. Think about your pet's funny habits and what you loved most about it.

