

UNDERSTANDING GRIEF AFTER THE LOSS OF A PET

A gentle guide to understanding grief, honouring memories and healing at your own pace.

Supporting you with the journey ahead



Eco-friendly,
dignified farewells



When a pet dies, the grief is real

Losing a pet can be deeply painful. Pets are family, companions, and a constant source of comfort, love and routine. Their presence fills our homes and our hearts, so when they die, the sense of loss can be profound.

**Grief after losing a pet is real
and valid.**

Whether your pet was with you for many years or only a short time, the bond you shared mattered.



Why it hurts so much

The bond between people and pets is unique.

They are part of everyday life – greeting us at the door, curling up beside us, joining us on walks and offering unconditional love. When that presence is gone, the silence and change in routine can feel overwhelming.

You may be grieving not only your pet, but also the comfort, companionship and daily connection they brought to your life.



Grief can look different for everyone

There is no right or wrong way to grieve. You may feel sadness, shock, guilt, anger, loneliness, or even relief if your pet had been suffering. Some people want to talk about their pet often, while others need quiet time and space.

Grief may come in waves.

Some days will feel manageable, while others may feel unexpectedly heavy. Be patient with yourself and allow your feelings to unfold in their own time.



Gentle ways to cope

While grief cannot be rushed, there are ways to support yourself through it:

- **Acknowledge the loss** and give yourself permission to grieve.
- **Talk about your pet** with someone who understands.
- **Create a memorial** – a photo frame, planted tree, letter, or memory box can be comforting.
- **Keep gentle routines** in place to create a sense of stability.
- **Take care of yourself** by resting, eating regularly, and asking for support when you need it.

Small acts of remembrance can help keep the bond alive while allowing healing to begin.



Helping a child

For many children, the death of a pet may be their first experience of loss. A pet can be a best friend, playmate and source of comfort, so their grief may be deep and confusing. Children need reassurance and space to express their feelings.

Ways to support a child:

Be honest, but age-appropriate: Use simple, clear language. Avoid phrases like "went to sleep" or "ran away," which can cause fear or confusion.

Create a safe space to grieve: Encourage your child to talk about their feelings and reassure them that sadness, anger, confusion and even guilt are all normal.

Honour your pet's memory: Create a memory box, plant a tree, look through photos, or hold a small memorial together. These rituals can bring comfort and help children process their loss.

Answer questions honestly: Respond as openly as you can. It's okay not to have every answer.

Be patient: Every child grieves differently. Some recover quickly, while others need more time and support. If your child seems overwhelmed, consider seeking help from a counsellor.

Don't rush getting another pet: A new pet cannot replace the one who has been lost. Give your child time to grieve before deciding if and when your family is ready to welcome another companion.



When you may need extra support

Grief after losing a pet can be intense, especially if the bond was very close or the loss was sudden. If your sadness feels overwhelming for a prolonged period, or if a child is struggling to cope, it may help to speak to a counsellor, support group, or trusted professional.

Reaching out for support is not a sign of weakness, it is a compassionate step toward healing.



A gentle reminder

Your pet mattered.

The love, comfort, joy, and companionship they brought into your life do not disappear with their passing. In time, the pain may soften, but the bond you shared will always remain part of your story.

Be gentle with yourself. Grieve in your own way, at your own pace, and hold onto the memories that made your pet so special.

The loss of a beloved pet leaves an empty space, but it also leaves behind a lifetime of love. May you find comfort in the memories you shared, and peace in knowing your pet was deeply loved.





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- In-Home Euthanasia
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