

Teach me to say goodbye

Mourning the death of my pet



Atención Emocional

 **Albia**
servicios funerarios

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Why do I feel so sad?

Our pet has died. Is it normal to feel so sad?

For adults and children, the death of a pet produces a sense of loss and mourning that is **comparable to that experienced after a human loss**.

Why do I feel like this?

The expression of sadness can be misunderstood and not socially accepted, causing shame and suppression. Furthermore, guilt may appear in cases where it has been decided to end the pet's suffering in a **veterinary clinic**.

- ↪ Veterinarians are helping us a great deal and have done their best to save our pet, but you know that the pet is very ill and will not improve, he or she is suffering a lot and this is the most compassionate way to alleviate the pain.
- ↪ They will not feel pain or fear, they will be calm and die in peace, happy to have shared with us, their family, their last moments.

Is it a good idea for my children to say goodbye?

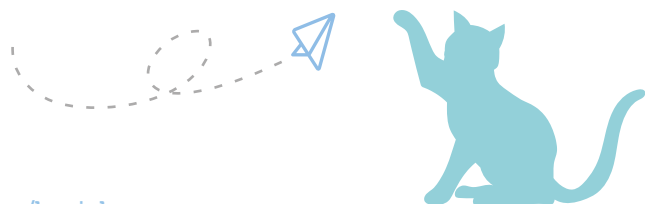
Yes, since **many children want to say goodbye and accompany their pet**. It is a good idea to explain to them what will happen and why you have decided to turn to a vet for the last moments of their life.

At school:

It is advisable to inform teachers of the child's situation of mourning the death of their pet, to ensure they will be supervised. Both family and teachers **will encourage the child to share this experience with their classmates**.

How can I say goodbye to my pet?

We recommend **a farewell through the rituals we consider best**: a farewell word, drawing or poem or any other gesture that helps you to peacefully give thanks for the love you have for your pet.



Cremation/burial:

In increasing numbers, funeral insurance takes care of a specific funeral for our pet and covers the burial service, in a sign of **the increased sensitivity occurring towards this type of mourning**.

When the time comes, you will feel ready to open your home up to a new pet. Leave yourself the time necessary to recover and to be able to make the decision calmly.



Sit down next to me, I'm going to tell you a story...



Can elephants sing?



"Hi Dad and Mum, today at school we have learned that some animals are very similar to humans. We have been told, for instance, that in elephant communities, when one becomes very old and is very ill, the rest of the family accompanies it to a special place where it is calm, closes its eyes and dies.

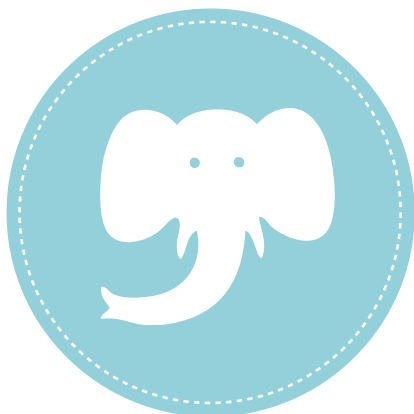
We have also been told that some birds, such as ravens, and other species such as chimpanzees and dolphins also feel the loss of a loved one.

I put my hand up to ask Lourdes, the teacher, if elephants can sing. Lourdes looked at me a little strangely, and she told me that she didn't know and asked me why I asked.

Then I told everyone the story of our little cat, Marlo. Marlo had been very poorly for quite some time because she was very old and, to prevent her from suffering, we took her to the vet, who is like a doctor for animals, to help her close her eyes and leave peacefully. I did a drawing for her, mum sang a song to her and dad found the little ball Marlo played with to place it next to her. In the garden we planted seeds that have now grown and sprouted into flowers of many colours. I told my classmates that after I had said goodbye to Marlo, I felt much better, because Marlo went happily, listening to my mum singing and with her favourite little ball.

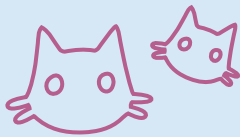
That's why I think elephants, dolphins and chimpanzees do the same, they accompany and say goodbye to their loved ones in their last moments. And they most probably also sing songs, do drawings and say goodbye to them with their favourite toys!

In the end, Lourdes didn't tell me whether elephants can sing or not. Mum, dad... can elephants sing?



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Shall we paint a picture of our pet playing happily with all of us and take it to school tomorrow to show it to our classmates?

We can write them a poem, or a word of thanks for all the affection they have given us.
We can wish them a happy journey.



We can give the vet one of their favourite toys while remaining by our pet's side to ensure they feel calm.



Let's relax... close your eyes with me... let's concentrate on our breathing... we can imagine our pet in a wonderful place, playing with their favourite toy and being very happy wherever they are.



You can access them here

