



A PET PARENT'S GUIDE AND INTRODUCTION TO SENIOR PET VET



This e-booklet is designed to guide you through the transition of senior pet care with dignity and compassion.

At Senior Pet Vet, led by Dr. Shelagh McCaffrey, we provide integrative hospice and palliative medicine in the comfort of your home.

Who We Are

Senior Pet Vet is dedicated to providing exceptionally thoughtful and compassionate care for aging dogs and cats, all within the comfort of their own home. Our team is led by Dr. Shelagh McCaffrey, who holds specialized training in hospice and palliative medicine.

We believe in an integrative and personalized approach that prioritizes:

Quality of Life:

We focus on comfort and dignity, especially during the most sensitive stages of a pet's journey.

Tailored Care:

Rather than just treating symptoms, we partner with you to develop plans that may include pain management, diagnostics, and supportive therapies.

Emotional Support:

We are deeply committed to your emotional experience as a pet parent, offering a presence that honors the unique bond you share with your companion.

Empowerment:

Our philosophy emphasizes providing you with thoughtful options and empathetic guidance at every step.



Testimonials

“What touched me specifically was that [Dr. McCaffrey] was compassionate about the overall situation; not just the animal’s health but also the human perspective and the overall environment.”

– Evelyn B.



“Losing our girl was tragic, but I honestly can’t imagine going through it without Dr. McCaffrey.

Vino was in her bed, on my lap—the most peaceful way to say goodbye. I will be forever thankful for that opportunity”

–Nihan N.



“Dr. McCaffrey was amazing. She was so empathetic and kind and I am so thankful that I didn’t have to bring my cat into an office and he was able to pass at home. I highly recommend this service to anyone.”

– Alison B.



Understanding Quality of Life

Deciding when to say goodbye is one of the most challenging experiences a pet parent faces. We encourage you to focus on your pet's daily experience:

Assess Daily Life: Consider their comfort, appetite, mobility, and ability to enjoy favorite activities.

Track Patterns: Use quality-of-life scales to track "good" vs "bad" days over several weeks to see emerging patterns.

A Final Act of Love: Euthanasia is often a final act of devotion to relieve suffering and honor your bond.

Supporting the Family

Children: Including children is a personal choice. Honesty and gentle preparation can provide them with closure and reassure them that the passing was peaceful.

Anticipatory Grief: Feeling sadness or anxiety before a loss occurs is a natural response to a deep bond.

Normalizing Grief: Your pain is a valid response to love. We provide resources to help you and your family navigate this difficult time



The In-Home Euthanasia Experience

We believe a pet's final moments should be peaceful and free from the stress of a clinical environment.

What to Expect

1. **Consultation:** We arrive and explain the process clearly, ensuring you never feel rushed.
2. **Sedation:** A gentle sedative is given to help your pet feel calm, sleepy, and free from pain.
3. **Quiet Time:** You are encouraged to hold, stroke, and speak to your pet as they drift into a restful sleep.
4. **Peaceful Passing:** A final anesthetic injection is administered. Because they are already deeply asleep, they are unaware and pass painlessly.

Planning and Aftercare

Taking time to plan ahead allows you to make thoughtful decisions without the pressure of acute grief.

Cremation Options (via Abbey Glen)

Individual: Your pet is cared for separately, and their remains are returned to you.

Communal: Your pet is cremated alongside others; remains are not returned.

Memorialization: Options include personalized urns, jewelry, paw prints, and fur clippings.

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Senior Pet Vet

Who We Are

Senior Pet Vet is devoted to providing exceptionally thoughtful, compassionate care for aging dogs and cats, all within the comfort of home. Our team, led by Dr. Shelagh McCaffrey who has specialized training in hospice and palliative medicine, offers an integrative and personalized approach that prioritizes quality of life, comfort, and dignity – especially during the most sensitive stages of a pet's life journey. Rather than just treating symptoms, we partner closely with you to develop tailored care plans that may include pain management, diagnostics, and supportive therapies – all with the goal of keeping your senior companion as comfortable and joyful as possible.

What sets Senior Pet Vet apart is our deep commitment not only to pets' physical wellbeing but also to your emotional experience as a devoted pet parent. Our care philosophy emphasizes empowering you with thoughtful options, compassionate support, and a presence that honors the bond you share with your beloved pet. Whether navigating chronic conditions or end-of-life care, we focus on comfort, empathy, and dignity at every step.



Euthanasia

How Do I Know When it's Time?

Facing decisions about a beloved pet's declining health is one of the most emotional and challenging experiences a pet parent will ever encounter. At Senior Pet Vet, we encourage families to gently shift their focus toward one central question: **what is your pet's quality of life right now?** Consider their comfort, their ability to enjoy favorite activities, their appetite, mobility, social connection, and—most importantly—their freedom from both physical pain and emotional distress.

Tracking changes over time can be incredibly helpful. We often recommend using quality-of-life scales and keeping notes tracking good days and more difficult days. Patterns tend to emerge when you look back over several weeks. It's also important to acknowledge the anticipatory grief that naturally arises when you love a pet through their final chapter. There is rarely a single, perfectly clear “right” moment to choose euthanasia. Instead, the goal is to make a decision rooted in love, compassion, and your pet's well-being.

Above all, we remind families that choosing euthanasia to relieve suffering can be a final act of kindness and devotion. When made thoughtfully and in partnership with a trusted veterinary team, it is not giving up—it is protecting your pet from unnecessary pain and honoring the beautiful bond you have shared.

Sources:

- How Will I Know? Assessing Quality of Life and Making Difficult Decisions for Your Pet, The Ohio State University Veterinary Medical Center Honoring the Bond Program (Mar 2024). https://vmc.vet.osu.edu/sites/default/files/documents/how-will-i-know_rev_mar2024ms_0.pdf
- American Veterinary Medical Association, “Euthanasia.” <https://www.avma.org/resources-tools/pet-owners/petcare/euthanasia>

TeleAdvice

Virtual Support When You're Feeling Uncertain

When a beloved pet is facing significant health challenges, it's natural to feel uncertain and overwhelmed. TeleAdvice consultations offer a calm, supportive space to talk through your concerns and gain clarity—without pressure or judgement.

Each 30-minute virtual consultation is led by Erin Coonrod, BS, RVT, CHPT, a Registered Veterinary Technician with advanced certification in hospice and palliative care through the International Association for Animal Hospice and Palliative Care (IAAHPC). Working closely with the Senior Pet Vet team, Erin brings over 20 years of experience—including 8 years focused on end-of-life care—providing thoughtful, compassionate guidance to help families feel more at ease during a difficult time.

These conversations gently explore daily routines, observed changes, and overall quality of life, helping define what comfort looks like for each individual pet. The goal is not to make decisions for you, but to offer guidance, education, and reassurance so you can make informed choices that align with your values and your pet's needs.

If a TeleAdvice consultation feels helpful, appointments can be easily scheduled online at:

<https://calendly.com/erin-coonrod-rvt/teleadvice>

Please Note: TeleAdvice provides guidance and support only. Diagnoses, prognoses, and medication management cannot be provided. If your pet needs urgent or hands-on care, please contact your primary veterinarian or an emergency clinic.



Saying Goodbye

Which is better - At Home or in my Vet's Office?

At Senior Pet Vet, we believe a beloved companion's final moments should be peaceful, gentle, and surrounded by love. In-home euthanasia allows pets to remain in the comfort of familiar surroundings – free from the stress of travel, unfamiliar smells, and clinical noise. This quiet setting often helps animals feel more at ease and gives families the privacy and time they need to say goodbye in their own way. In-home euthanasia is increasingly recognized as a way to prioritize comfort, familiarity, and emotional well-being at the end of a companion animal's life. These elements reflect evolving perspectives on a “good death” that honor the human–animal bond and support both patient welfare and caregiver grief.

Clinic-based euthanasia can also be a compassionate and appropriate choice, especially when medical complexity requires additional monitoring or equipment. Veterinary teams are trained to provide peaceful, humane care in structured settings. Both options can be ethical and deeply caring; what matters most is a gentle, low-stress passing and meaningful support for those saying goodbye.

If you choose to say goodbye at home, our compassionate team is here to walk beside you on that path and is dedicated to honoring the bond you share with your pet. We provide thoughtful guidance, unhurried support, and a dignified experience focused entirely on comfort and respect. When the time comes, we can help you ensure your pet's passing is calm, pain-free, and filled with the love they have always known.

Source:

- Cooney & Kipperman (2022); Selter et al. (2022); da Costa & Barroso (2024).

In-Home Euthanasia

Our In-Home Euthanasia Services are designed to provide your beloved senior dog or cat with a peaceful, dignified farewell in the comfort of home, surrounded by love and familiarity. Our approach to end-of-life care is rooted in deep compassion and sensitivity, honoring both your pet's comfort and your emotional experience as a devoted pet parent.

Throughout the process, we take the time to listen to your wishes, clearly explain what to expect, and support you through every step of the decision-making and farewell process. Our emphasis is on gentle, respectful care that prioritizes reducing stress and maximizing comfort for your pet. This service is a heartfelt expression of gratitude for your pet's lifetime of companionship, helping ensure their final moments are as peaceful and loving as possible.

Testimonial - "Losing our girl was tragic, but I honestly can't imagine going through it without Dr. McCaffrey. Vino was in her bed, on my lap—the most peaceful way to say goodbye. I will be forever thankful for that opportunity"
-Nihan N.

A Gentle Process

What Can I Expect During In-Home Euthanasia?

Every pet's passing deserves to be peaceful, dignified, and surrounded by love. We understand how deeply bonded you are with your companion, and how heavy this moment can feel. Our role is to support both you and your pet with compassion, gentleness, and respect every step of the way.

When we arrive, we will take time to sit with you, explain the process in clear and reassuring detail, and answer any questions you may have. There is no rush. We want you to feel informed, supported, and comfortable with what will happen. This is your time with your beloved companion, and we are here to guide you through it with compassion.



A Gentle Process

What Can I Expect During In-Home Euthanasia? (cont'd)

To ensure your pet's comfort, we begin by providing pain relief and relaxation. Your pet will receive a gentle sedative by injection just under the skin - just like a vaccine is given. This medication is designed to help them feel calm, sleepy, and free from discomfort. As it begins to take effect, you are encouraged to hold them, speak softly, stroke their fur, and share this quiet time together. Many families find this to be a meaningful opportunity to express their love, gratitude, and say goodbye in a peaceful setting.

Over the next 5 to 10 minutes, your pet will gradually become fully relaxed, often drifting into a deep, restful sleep. We carefully monitor them to ensure they are completely comfortable before proceeding to the final step.

Once your pet is fully at ease, a final injection—an overdose of anesthetic—is gently administered. Because they are already in a deep state of relaxation, they are not aware of this step. The medication works quickly and painlessly, allowing your companion to pass peacefully and without distress.

Throughout the entire process, our focus is on comfort, dignity, and honoring the bond you share. We remain present to support you, provide reassurance, and give you as much time as you need. Your pet's final moments will be handled with tenderness, respect, and the love they so deeply deserve.

Testimonial - "Dr. McCaffrey was amazing. She was so empathetic and kind and I am so thankful that I didn't have to bring my cat into an office and he was able to pass at home. I highly recommend this service to anyone."

-Alison B.



Children

Should I Let my Kids be Present for Our Pet's Euthanasia?

Deciding whether a child should be present during a beloved pet's euthanasia is an incredibly tender and personal choice. For some families, allowing children to be there can be a meaningful part of saying goodbye. When handled with honesty and gentle preparation, being present can help children understand that their pet's passing is peaceful and free from suffering. It can offer a sense of closure, reassure them that their pet was surrounded by love, and help prevent frightening misunderstandings about what happened. Giving children the option to participate – while respecting their choice either way – can also help them feel included and supported during a difficult family moment.

At the same time, not every child is emotionally ready to witness euthanasia. Younger children, or those who are especially sensitive, may feel overwhelmed by the intensity of the moment or confused about what they are seeing. Children often take emotional cues from adults, so heightened grief in the room can feel distressing to them. In some cases, it may be kinder to help a child say goodbye beforehand in a quieter, more familiar setting, or to involve them later in a memorial ritual. Ultimately, the most compassionate decision depends on the child's maturity, personality, and comfort level. Thoughtful preparation, clear and age-appropriate explanations, and ongoing emotional support are key – whether a child is present or not.

Whatever decision you make, you do not have to navigate it alone. Our team is here to support your family in whatever way feels most appropriate and comforting. If you choose to have your children present, please know that we are experienced in gently guiding both children and adults through the euthanasia process with sensitivity and care. We can also provide age-appropriate grief resources and ongoing support to help children process their feelings and begin healing in a healthy, supported way.

Sources:

- The Ohio State University College of Veterinary Medicine. (2024). Helping children cope with the serious illness or death of a companion animal. https://vmc.vet.osu.edu/sites/default/files/documents/helping_children_cope_printable_2024.pdf
- Lap of Love. (n.d.). A veterinarian's perspective: Children and euthanasia. <https://www.lapoflove.com/pet-loss-support/children-and-pet-grief-resources/a-veterinarians-perspective-children-and-euthanasia.pdf>
- Midtown Mobile Veterinary Hospice Services. (n.d.). Should kids be present for the euthanasia of their beloved pets? <https://mmvhs.ca/blog/should-kids-be-present-for-the-euthanasia-of-their-beloved-pets/>

Honoring Your Pet

Planning Ahead

Planning ahead for your pet's aftercare can feel overwhelming, yet it is one of the most loving gifts you can give both your companion and yourself. Taking time now to consider cremation and memorial options allows you to make thoughtful decisions without the pressure of acute grief. Begin by reflecting on your wishes: Would you prefer private cremation with your pet's ashes returned to you, or communal cremation? Are there cultural, spiritual, or family traditions that matter to you? Writing down your preferences and sharing them with family members ensures everyone understands your plans and can support them.

Pre-planning also includes thinking about how you would like to memorialize your pet's life. Many families find comfort in selecting an urn, keepsake jewelry, paw print impressions, fur clippings, or memorial stones ahead of time. Some choose to hold a small ceremony at home, invite close friends to share memories, or create a photo book or tribute space. Considering these options early allows you to personalize the experience in a way that reflects your pet's unique personality and the bond you share. Research shows that intentional rituals and memorialization can support healthy grieving by honoring the relationship and acknowledging the depth of the loss.

Most importantly, remember that there is no "right" way to prepare—only what feels right for you and your family. Pre-planning is not about expecting loss; it is about easing future stress and creating space for love, remembrance, and healing. By gathering information, documenting your wishes, and exploring meaningful tributes now, you give yourself permission to focus fully on saying goodbye when the time comes. This gentle preparation can bring peace of mind today and compassionate clarity tomorrow.

Sources:

- Two Hearts Pet Loss Center. Guide to Planning Ahead.
- ScienceDirect. Companion animal euthanasia and pet owner grief / memorialization research article (S1938-9736(20)30101-X).

Cremation and Memorialization

At Senior Pet Vet, we have proudly partnered with Abbey Glen Pet Memorial Services for thoughtful and dignified aftercare. Their offerings include individual and communal cremation, as well as pet burial services within a peaceful memorial park setting. Families may also choose viewing and visitation options, along with a wide range of personalized memorial products such as urns, keepsakes, and online tributes. With a focus on dignity, compassion, and personalized care, Abbey Glen helps families honor and remember their pets in meaningful ways.

There are two types of cremation to consider: individual and communal. Individual cremation allows your pet to be cared for separately, with their cremated remains returned to you. This option offers the opportunity for personal memorials, such as urns and other keepsakes or scattering their remains in a place that holds special meaning.

Communal cremation, on the other hand, involves your pet being cremated alongside others, and their remains are not returned. While this option may be the simpler and more economical choice, it still allows for meaningful ways to honor your pet, such as paw or nose print keepsakes.

There is no right or wrong choice—only what feels right for you and your family. However you choose to remember your pet, what matters most is the love you shared and the bond that will always remain.



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Financial Planning

At Senior Pet Vet, we understand that financial considerations can significantly impact a pet parent's ability to pursue veterinary care. To help remove this barrier, we've partnered with Cherry, a healthcare financing company that provides flexible payment plan options. Through Cherry, pet parents can complete a quick application with a soft credit check that does not affect their credit score and receive an instant decision. Approved clients can choose from a variety of payment plans, including qualifying 0% APR options, allowing them to spread the cost of services over time rather than paying the full amount upfront. This makes it easier to move forward with the care that pets need without delay.



[Click here to apply in seconds without affecting your credit score](#)

In addition, we are happy to work with any pet insurance providers to help maximize benefits and reimbursement to pet families. See the following list of pet insurance providers to consider:

- **Trupanion - [trupanion.com](https://www.trupanion.com)**
- **Pets Best - [petsbest.com](https://www.petsbest.com)**
- **Healthy Paws - [healthypawspetinsurance.com](https://www.healthypawspetinsurance.com)**
- **ASPCA Pet Health Insurance - [aspcapetinsurance.com](https://www.aspcapetinsurance.com)**

This list is not all inclusive and does not indicate an endorsement of any particular insurance provider by Senior Pet Vet. We are happy to work with any and all pet insurance companies.

Our goal at Senior Pet Vet is to ensure finances do not stand in the way of providing senior pets with the compassionate, comprehensive care they deserve.

Anticipatory Grief

Facing the anticipated loss of a beloved pet can be one of the most emotionally intense experiences a pet parent will ever encounter. When you see your companion slowing down, receiving a serious diagnosis, or simply aging past the point of vitality, your heart may already begin to ache even while they are still here. This “in-between” sadness isn’t a lack of strength—it’s a deep, natural, and human response to love. Understanding and compassionately navigating anticipatory grief can help you honor your bond while caring for *both* your pet and your own emotional needs.

Anticipatory grief is the emotional process that begins before the physical loss of your pet, and it often mirrors many aspects of grief experienced after death. It may arise with a serious illness, a terminal diagnosis, or even subtle signs of aging that indicate your pet’s life is changing. This type of grief can bring sadness, anxiety, guilt, and even physical symptoms like trouble concentrating or disturbed sleep. It reflects how much your pet means to you and how deeply you already love them.

What’s important to remember is that these feelings are normal—even expected. Anticipatory grief doesn’t make you weak; it shows the profound bond you’ve shared with your companion. Recognizing this grief gives you space to feel and process your emotions rather than suppressing them.

Sources:

- Association for Pet Loss and Bereavement. (n.d.). *Anticipatory Grief*. Retrieved from <https://www.aplb.org/anticipatory-grief/>.
- Doug Koktavý. (n.d.). *Coping with Pet Illness and Loss*. The Grey Muzzle Organization. Retrieved from <https://www.greymuzzle.org/resources/health-and-well-being-end-life-care-and-planning-care-end-life-owner-guides/coping-pet>.
- Love, Baxter. (n.d.). *12 Essential Anticipatory Grief Coping Strategies for Pet Parents Facing Loss*. Retrieved from <https://lovebaxter.com/blog/12-essential-anticipatory-grief-coping-strategies-for-pet-parents-facing-loss/>.

Anticipatory Grief (cont'd)

Rather than forcing yourself to “be strong” or “stay busy,” compassionate care involves understanding and honoring what you’re feeling while also finding ways to support your emotional well-being. Here are guiding themes drawn from expert insights and compassionate pet loss resources:

- **Stay Present with Your Pet:** Focus on moments of connection that already exist rather than worrying about the future. Mindful presence—like sitting quietly together, noting the comfort of their breathing, or simply sharing a favorite spot—can deepen your sense of connection in thoughtful and restorative ways.
- **Create Meaningful Shared Experiences:** Co-creating gentle, achievable moments can help both you and your pet enjoy quality time together. Whether it’s a slow walk at their pace, hand-feeding favorite treats, or inviting a trusted friend for a calm visit, these shared experiences can become treasured memories.
- **Build a Support Network:** Anticipatory grief can feel isolating—especially if others don’t fully grasp the depth of your bond. Connecting with friends who understand, others in pet loss communities, or pet loss support groups can help you feel less alone and more validated in your feelings.
- **Honor Your Feelings Without Judgment:** Your emotions—whether sadness, fear, guilt, or waves of both—are valid. Allowing yourself to experience feelings openly (even the uncomfortable ones) without self-judgment is a form of self-compassion that nurtures healing.
- **Looking Ahead with Grace:** Anticipatory grief isn’t something to “solve” or rush through—there’s no checklist that eliminates the pain. Instead, it is a lived, emotional experience that grows directly out of love and care. Many pet loss counselors and experienced caregivers emphasize that processing grief, whether before or after loss, is deeply personal. Finding spaces—inside and outside yourself—that allow you to grieve while also honoring the time you have left together can bring both comfort and clarity.



Grief

Is it Normal to Feel This Way? (cont'd)

Losing a beloved pet is a deeply painful experience. For many people, pets are family members, daily companions, and steady sources of comfort and unconditional love. When that bond ends, the grief that follows can feel overwhelming.

If you are mourning a pet, or are preparing for such a loss, it is important to know this: your grief is normal. For most pet lovers, the loss of a pet brings intense and genuine sorrow. That response reflects the depth of the relationship you shared.

Pet loss is often minimized in society. Because of this, grieving pet parents can feel isolated or even embarrassed by the intensity of their emotions. This type of grief is sometimes described as “disenfranchised,” meaning it is not always openly acknowledged or socially supported.

The bond between people and their pets is significant. Research and clinical experience show that grief after pet loss can be as profound as grief after losing a human loved one. Pets are integrated into daily routines and provide companionship, affection, and emotional security. When they are gone, the absence is tangible and disruptive.

Your pain is not an overreaction. It is a natural response to love and attachment.

Grief affects both body and mind. Many pet parents experience:

- **Persistent sadness or tearfulness**
- **Changes in sleep or appetite**
- **Difficulty concentrating**
- **Guilt, especially around medical or end-of-life decisions**
- **A sense of emptiness in the home**

These reactions are common. Grief is not a weakness or a sign that something is wrong. It is a natural human response to loss.

Grief

Is it Normal to Feel This Way? (cont'd)

Because grief is stressful physically and emotionally, basic self-care matters, try to:

- **Eat regularly and stay hydrated**
- **Rest when you can**
- **Maintain small daily routines**
- **Allow your emotions without judgment**

It can also help to seek support from people who understand pet loss specifically. Connecting with others who recognize the legitimacy of your grief can reduce isolation and provide reassurance that what you are feeling is normal.

Remember - grief does not follow a schedule. Some days may feel manageable, while others feel unexpectedly heavy. Healing does not mean forgetting your pet; it means gradually learning to carry the love and memories with less acute pain. This process looks different for everyone.

There is no deadline for grieving someone who mattered deeply to you.

Many people find comfort in acknowledging the significance of the relationship. Writing memories, creating a small memorial, or marking your pet's life in a personal way can affirm that the bond was meaningful and worthy of remembrance.

Sources:

- Love, Baxter. "Why Is Pet Loss Grief Disenfranchised By Society?"
[<https://lovebaxter.com/blog/pet-loss-grief-disenfranchised-society/>]
[<https://lovebaxter.com/blog/pet-loss-grief-disenfranchised-society/>]
- Association for Pet Loss and Bereavement. "Taking Care of Yourself."
<https://www.aplb.org/taking-care-of-yourself/>

Children and Grief

Children experience pet loss in ways that differ from adults, often shaped by their age and developmental stage. For many, it may be their first encounter with death. Using clear, honest language – avoiding euphemisms – helps children understand that death means the body has stopped working and will not restart. Younger children may struggle with the concept of permanence, ask repeated questions, or process grief through play and drawing, while school-age children and teens more fully understand death's finality but may express their grief in waves, privately, or through changes in mood. Consistent reassurance, patience, and validation are essential, as grief can show up as sadness, anger, confusion, guilt, clinginess, irritability, or withdrawal.

Supporting a child through pet loss involves normalizing their feelings, encouraging healthy expression, and maintaining routines that provide stability. Inviting children to participate in meaningful rituals – such as creating a memory space, writing letters, or holding a small memorial – can offer comfort and inclusion. While grief is natural, significant or prolonged behavioral changes may signal a need for professional support. Ultimately, helping a child through pet loss is not about protecting them from sadness but guiding them through it with honesty, compassion, and steady presence, reinforcing that grief reflects love.

Sources

- Caring Pathways – “Supporting Children Through the Loss of a Pet” (blog) and Children in Grief (PDF)
<https://caringpathways.com/blog/supporting-children-through-the-loss-of-a-pet/>;
<https://caringpathways.com/wp-content/uploads/2021/01/Children-in-Grief-CP-final.pdf>
- Purdue University College of Veterinary Medicine – “Children and Pet Loss”
<https://vet.purdue.edu/hospital/client-services/client-counseling-and-support-services/children-and-pet-loss.php>
- The Ohio State University Veterinary Medical Center – Helping Children Cope with Pet Loss (Printable Guide, 2024)
https://vmc.vet.osu.edu/sites/default/files/documents/helping_children_cope_printable_2024.pdf
- Minnesota Pets – “Teens: Grief Patterns and Processing Pet Loss”
<https://mnpets.com/2022/07/26/teens-grief-patterns-and-processing-pet-loss/>

Additional Support

Grief & Emotional Well-Being

Grief can sometimes feel deeper or more complex than we expect. During these moments, the support of a trained mental health professional can provide a safe, steady space to process emotions with care and understanding. Seeking this kind of support is a meaningful way to care for yourself as you move through loss—at your own pace and in your own way.

As part of our commitment to supporting the whole family, Senior Pet Vet partners with a compassionate and highly experienced mental health professional who specializes in pet bereavement.

Nancy Saxton-Lopez offers dedicated support to individuals and families navigating the loss—or anticipated loss—of a beloved pet. Her approach is thoughtful, gentle, and grounded in deep experience with grief counseling.

Contact Information:

Phone: 201-638-7404

Email: nancysaxtonlopez@gmail.com

If you feel that additional emotional support would be helpful during this time, you are warmly encouraged to reach out. You do not have to navigate this journey alone—support is available when and how you need it.



Additional Resources:

[Pet Loss Companion website](#)

[Pet Loss Companion Podcast](#) (Thursdays from 6 to 6:30pm EST)

[Instagram: The Pet Loss Companion Media](#)

Contact Information

For more information on services, scheduling, and pricing, please call us at
201-870-3867

Hours of Operation:

Monday - Friday:

8am - 5pm

Evening & Weekend:

Call/text for availability (additional fee applies)

