



## WHAT TO SAY TO SOMEONE GRIEVING A PET

**A Compassionate Guide for Friends, Family & Pet Professionals  
By Rainbow Moments UK – Pet Loss & Grief Support**

### 💔 WHY THIS MATTERS

When someone loses a pet, they're not just saying goodbye to an animal — they're losing a companion, a routine, and a source of unconditional love. Whether you're a close friend, family member, or professional working with animals, knowing how to respond gently can offer immense comfort during this deeply personal time.

### 🐾 WHAT YOU CAN SAY

Support doesn't require perfect words — just presence and empathy. Try saying:

“I'm so sorry for your loss. [Pet's name] was clearly deeply loved.”

“You gave them such a beautiful life — they were lucky to have you.”

“If you ever want to talk about them, I'd love to listen.”

“It's okay to feel heartbroken. Grief is love without a place to go.”

“Take all the time you need. I'm here for you.”

Even a simple “I'm thinking of you” can mean everything.



## WHAT TO AVOID

Even well-meant comments can unintentionally hurt. Try to avoid:

“They were just a pet.”

“You can always get another one.”

“At least they lived a long life.”

“They’re in a better place now.”

“It’s time to move on.”

Instead, focus on validating their grief and simply being there.



## GENTLE GESTURES THAT SPEAK VOLUMES

Kindness doesn’t always need words. Consider:

Sending a handwritten card or sympathy message

Offering a pet-themed keepsake (like a pawprint or framed photo)

Donating to a pet rescue in their pet’s name

Sharing a cherished memory you have of their pet

Offering help with daily life while they grieve

## SUPPORTING SOMEONE LONG-TERM

Grief doesn't have an expiry date. Be the person who checks in weeks — even months — later. You might say:

“I was thinking about [Pet's name] today. How are you doing?”

“I miss seeing their photos pop up. They always made me smile.”

“No pressure, but if you ever want to talk about them, I'm here.”

## FOR PET PROFESSIONALS

If you're a sitter, vet, walker or groomer, you can help clients feel seen:

Acknowledge their loss with sincerity

Follow up gently — especially if they cancel services

Offer flexibility and compassion around appointments

Consider sending a condolence card or memory from their pet's visits

**These small touches often leave a lasting impact.**

 **Remember**

**You don't need the perfect thing to say — just something genuine.**

**Grief is a journey, and your compassion can help light the way.**