

**Suggested Books
and Online Resources**

Pet Loss Grief and **Animal Hospice**



SUGGESTED BOOKS

Pet Loss Books for Children

The children's books about Pet Loss and Grief listed here are written in ways that are appropriate for their cognitive and emotional development at various ages.

Ages 3-5

1. **“The Goodbye Book” by Todd Parr:** This book addresses the range of emotions that come with saying goodbye to a beloved pet in a simple and accessible way.
2. **“Saying Goodbye to Lulu” by Corinne Demas:** This book sensitively explores the loss of a pet and the emotions that come with it, suitable for young children 3-7 years.
3. **“When a Pet Dies” by Fred Rogers:** From the beloved Mr. Rogers, this book helps children understand the concept of death and the associated emotions in a gentle manner.
4. **“Lifetimes: The Beautiful Way to Explain Death to Children” by Bryan Mellonie and Robert Ingpen:** While not specifically about pets, this book explains the concept of death in a gentle and non-scary way, suitable for young children.

Ages 6-8

1. **“Saying Goodbye to Lulu” by Corinne Demas:** This book sensitively explores the loss of a pet and the emotions that come with it, suitable for children in the 3-7 years childhood age group.
2. **“The Tenth Good Thing About Barney” by Judith Viorst:** This book tells the story of a boy who is coping with the death of his cat and struggling to think of the tenth good thing about his beloved pet.
3. **“The Fall of Freddie the Leaf” by Leo Buscaglia:** This warm and simple story about a leaf named Freddie explores the delicate balance between life and death, offering an allegory to help children understand the concept of death.
4. **“The Goodbye Book” by Todd Parr:** While primarily for preschoolers, this book's simple and accessible approach can also be suitable for early childhood, as it addresses the emotions associated with saying goodbye to a pet.

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Pet Loss Books for Children [continued]

Ages 9-11

1. **“Jasper’s Day” by Marjorie Blain Parker:** This book addresses the topic of euthanasia in a child-appropriate manner and can help children understand and cope with the loss of a pet.
2. **“When a Pet Dies” by Fred Rogers:** From the beloved Mr. Rogers, this book helps children understand the concept of death and its emotional implications in a gentle manner, suitable for middle childhood.

Ages 12+

1. **“The Forever Dog” by Bill Cochran:** This book tells the story of a family that loses their beloved dog and eventually decides to adopt a new puppy. It addresses the process of mourning a pet and the possibility of welcoming a new one into the family.
2. **“Cat Heaven” and “Dog Heaven” by Cynthia Rylant:** These books offer a comforting perspective on the afterlife for pets, providing solace to children who are coping with the loss of a beloved animal.
3. **“Alfie and the Birthday Surprise” by Shirley Hughes:** This book explores the process of healing after the loss of a pet, as the family adopts a new puppy, depicting the journey from sadness to eventual acceptance and love for a new pet.

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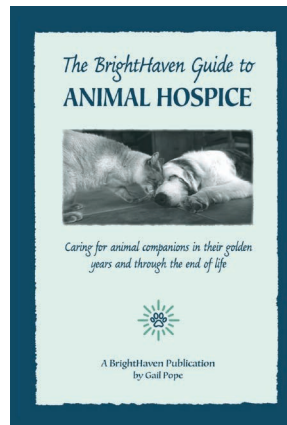
Pet Loss and Grief Books for Adults

1. **“The Grief Recovery Handbook for Pet Loss” by Russell Friedman, Coles James, and John W. James:** This book provides a comprehensive guide to help adults navigate the grieving process and find healing after the loss of a pet.
2. **“When Your Pet Dies: A Guide to Mourning, Remembering, and Healing” by Alan D. Wolfelt:** Alan D. Wolfelt's book offers support and guidance to adults as they mourn the loss of their beloved companion animals, providing insights into the mourning process and ways to find healing.
3. **“The Pet Loss Companion” by Ken Dolan-Del Vecchio and Nancy Saxton-Lopez:** The authors are pet loss group facilitators and family therapists. A valuable resource with diverse stories, it is a compassionate and supportive guide that equips readers with the tools and understanding they need to navigate this difficult journey.
4. **“Going Home: Finding Peace When Pets Die” by Jon Katz:** Jon Katz's book explores the emotional journey of saying goodbye to a pet and finding peace in the midst of loss, offering solace and comfort to grieving adults.
5. **“Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet” by Gary Kowalski:** Gary Kowalski's book provides healing wisdom and support for adults coping with the loss of a pet, offering insights into the emotional bond between humans and animals.
6. **“A 30-day Guide to Healing from the Loss of Your Pet” by Gael J. Ross:** This book offers a comprehensive 30-day guide to help adults navigate the grieving process and find healing after the loss of a pet.
7. **“The Final Farewell: Preparing for and Mourning the Loss of your Pet” by Marty Tousley and Katherine Heurman:** Marty Tousley and Katherine Heurman's book provides support and guidance to adults as they prepare for and mourn the loss of their beloved companion animals, offering insights into the mourning process and ways to find healing.

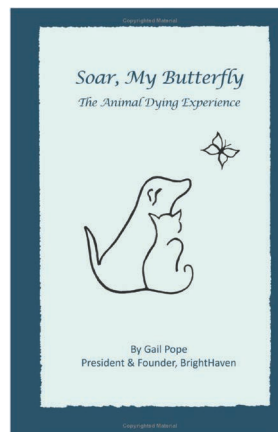
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Books on Animal Hospice

1. **“The BrightHaven Guide to Animal Hospice: Caring for Animal Companions in Their Golden Years and through the End of Life” by Gail Pope:** A comprehensive guide offering insights into holistic hospice care, the dying process, and the spiritual dimensions of the journey, emphasizing love, comfort, dignity, and quality of life for the animals. It also provides practical tools and resources in providing EOL care, a deeper understanding of natural death and the options available to support animals through this sacred time.



2. **“Soar, My Butterfly: The Animal Dying Experience” by Gail Pope:** A guide for those accompanying a beloved animal companion on the journey to transition. Describes the specific signs and symptoms you may encounter during each stage of the actual dying process, which may begin several months before death finally occurs.



ONLINE RESOURCES

Pet Loss and Grief Support

Pet Loss Partners

Dr. Sandra Grossman

<https://petlosspartners.org/>

Pet Loss Partners offers a range of accessible and professional support options for navigating the difficult emotions of pet loss, from free to paid services including web chat, virtual support groups and individual sessions.

The Association for Pet Loss and Bereavement (APLB)

<https://www.aplb.org/>

APLB offers a variety of resources for pet owners who are grieving, including online chat rooms, message boards, and a wealth of articles and information. They also have a toll-free helpline that you can call to speak with a trained volunteer.

The Ralph Site

<https://www.theralphsite.com/>

The Pet Loss Support Page is a comprehensive website that offers a variety of resources for pet owners who are grieving, including online forums, articles, and links to other pet loss support groups.

EUTHABAG - Children and Pet Loss

- A. [Click Here for PDF Handout - CHILDREN AND PET LOSS:](#)** Tips to discuss the loss of a pet with your children and help them cope with their grief - including coloring and note pages.
- B. [Click Here to Website - PET LOSS RESOURCES TOOLS:](#)** To help decision-making, Quality of Life Assessment Calculator, Books, FAQ Aftercare and Home Burial, Honoring your Pet, Support Groups and Grief Counselors

Facebook has a large number of pet loss support and grief support pages.

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Animal Hospice Support

Animal Hospice Group

AHG Helpline

<http://www.ahghelpline.org>

The AHG Helpline is free to pet owners and is manned by advanced students in the AHG curriculum who are about to complete their certification as Animal Hospice Practitioners. The Helpline is supervised by Senior Advisors and the program's Founders.

BrightHaven Caregiver Academy

Caregiver Support Circles

<https://www.brighthouse.org/caregiver-support-circles>

Weekly support circles for pet parents who are providing palliative or hospice care to their pets. Moderated by knowledgeable facilitators.

American Holistic Veterinary Medical Association

<https://www.ahvma.org/find-a-holistic-veterinarian/#!directory/map/tag=hospice>

Assessing Quality of Life (and Dying)

Animal Hospice Group

[Click Here for PDF Handout - The Quality of Life by Dr. Amir Shanan](#)

Gratitude and Respect for Animals and Their Care at End of Life (GRACE) Consortium

[Click Here for PDF Handout - The Quality of Dying Checklist by GRACE](#)



Your Presenters

About Gail Pope

Gail Pope, with over 30 years of experience in animal healthcare, is the President and Founder of BrightHaven Center for Animal Rescue, Hospice, and Holistic Education in California. She has paved the way in the field of animal hospice and palliative care, being present at over 600 animal deaths and providing a holistic approach to senior and special needs animals.

She is a co-founder of Animal Hospice Group, a certification program for allied animal care practitioners and veterinary professionals to learn better end-of-life skills to support pet parents, and is a member of their training faculty. An international consultant and author of seven books, Gail's expertise has made her a renowned figure in the industry.

| Contact Gail at gail@animalhospicegroup.org or gail@brighthaven.org |

About Karen Wylie

Karen Wylie, MEd, EdD, CAHP, is a lifelong business educator and consultant who has a deep passion for animals. Her journey of caring for a diverse range of animal companions, including purebred Birman cats, Rough Collies, and Quarter Horses, as well as her active involvement in Golden Retriever Rescue, ignited her commitment to improving the lives of pets in their final stages.

With training and certifications in death, dying, and bereavement for humans and companion animals, Karen has become a dedicated advocate for enhancing hospice care for aging and terminally ill pets. She currently serves as the Director of BrightHaven Caregiver Academy for pet parents and holds the position of Executive Director of Animal Hospice Group.

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