



How to Create a Pet Memory Book

A pet can become part of the family, and when they die it may be the first death you have experienced together. Creating a Pet Memory Book is a lovely way to celebrate the life of your pet, whilst giving you the opportunity as a family, if you wish, to talk about death and dying and what it means to you.

What you will need

Photos of your pet

Scrapbook or paper

Pens, pencils, crayons etc

Glue

What to do

First of all, have a think about what your pet meant to you – you may feel sad that your pet has died, and that's ok. It's good to talk about those feelings. This is also a chance to remember why you loved your pet so much, how you felt when you cuddled or held them, whether they had funny habits that made you laugh, if they had any favourite toys or performed any tricks, recalling any adventures you had together, what they looked like while they were sleeping, and anything else that was special to you about your pet.

Make a few notes of what you'd like to include in your Pet Memory Book and then see if you can find photos that go well with the stories.

There's no right or wrong way – you can be as creative as you like. Stick in the photos, write your stories and memories, and keep talking about your pet together. The book can become a treasure for you to enjoy whenever you feel like remembering your pet.

