Our Family
What We Need to be Healthy and Happy

by Valerie Ingram & Alistair Schroff
Illustrations by Nola Johnston

© Lakes Animal Friendship Society
www.lakesanimalfriendship.ca
We all feel our best after a safe and warm night’s rest.
Starting the day together makes life even better.
We all need to take our morning bathroom break.
Good food and fresh water every day, help us to work and play.
Our grooming routine keeps us neat and clean.
Learning is great for me and you, it helps us know just what to do.
Exercise is fun and good for everyone.
Healthy families don’t forget to see the doctor and the vet.
With kind words and gentle touch, family time means so much.
A Promise to Our Pet

We promise that __________________________ will always be cared for as part of Our Family.

NAME OF PET

We will give our pet everything he/she needs:

- Exercise & Playtime
- Warm Place to Sleep
- Collar & ID Tag
- Safety
- Good Food & Fresh Water
- Healthy Treats
- Brush & Bath
- Training
- Veterinary Care

Draw your pet or add your pet’s photo above.

Signed by Our Family
Don’t forget you are part of a community.
Think about how you can help animals and their families in your community.
You can learn if it is time for a pet or if you are not ready yet!

YOU can be a

Start TODAY!

ADOPT - don’t buy a pet
SPAY / NEUTER your pet
FOSTER an animal in need
VOLUNTEER with your local rescue group
DONATE to support animal welfare efforts
ENCOURAGE others to be kind to animals

HEALTHY, HAPPY ANIMALS ARE PART OF HEALTHY, HAPPY FAMILIES AND COMMUNITIES.