

Resentment Towards Your Child AND WAYS TO Handle It

Why you may dislike your child

They throw a tantrum whenever you disagree with them



They are irresponsible and are not considerate of your feelings

You have depression that makes you less of a positive parent



Your marital conflicts cause you to be resentful toward your children

What can you do about it

Acknowledge your feelings instead of suppressing them and convincing yourself otherwise



Try to understand your children and why they may behave a certain way

Share your feelings with a trusted person or a professional to seek help



Make time to do something fun together to create a strong bond with each other