The Common Sense Book of Baby and Child Care

The Common Sense Book of Baby and Child Care written by Benjamin Spock, is a manual on infant and child care first published in 1946, almost instantly, selling 500,000 copies in its first six months. By Spock’s death in 1998, over 50 million copies of the book had been sold, making it the best-selling book of the twentieth century in America, aside from the Bible.[1] As of 2011, the book had been translated into 39 languages.[2]

Spock and his manual helped revolutionize child-rearing methods for the post-World War II generation. Mothers heavily relied on Spock’s advice and appreciated his friendly, reassuring tone.[3] Spock emphasizes in his book that, above all, parents should have confidence in their abilities and trust their instincts. The famous first line of the book reads, “Trust yourself. You know more than you think you do.”[4]

HISTORY

CHILD CARE BEFORE SPOCK
Spock’s book helped revolutionize child care in the 1940s and 1950s. Prior to this, rigid schedules permeated pediatric care. Influential authors like behavioral psych Infant and Child in 1928, and pediatrician Luther Emmett Holt, who wrote The Care and Feeding of Children: A Catechism for the Use of Mothers and Children’s Nurses in 1894, told parents training at an early, specific age. [3][6] Watson, Holt, and other child care experts obsess over rigidity because they believed that irregularities in feeding and bowel diseases seen among babies in the late nineteenth and early twentieth centuries. [7]

Furthermore, these experts, whose ideas were embodied in Infant Care pamphlets distributed by the U.S. government, warned against “excessive” affection by parents so children from becoming spoiled or fussy, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection.

As a practicing pediatrician in the 1930s, Spock noticed that prevailing methods in pediatric care seemed cruel and ignored the emotional needs of the child. He was common problems seen during practices like breastfeeding and toilet training, in order to give less arbitrary advice to mothers who came to his practice. He thus built a pediatrician with a psychoanalytic background. Seeking useful ways to implement Freudian philosophy into child-rearing practices, Spock would try out his advice to parents. [10] He contradicted contemporary norms in child care by supporting flexibility instead of rigidity and encouraging love for children by their parents. [11]

Although Spock was approached to write a child-care manual in 1938 as Doubleday, he did not yet feel certain enough of his professional abilities to accept the offer. Advice to mothers, Spock felt more convinced of his advice and published a paperback copy of The Common Sense Book of Baby and Child Care in 1946 with Pocket Books. 1 comprehensive information to all mothers, giving advice that combined the physical and psychological aspects of child care. So that any mother could afford it, the

**REVISED EDITIONS**

During Spock’s lifetime, seven editions of his book were published. Several co-authors have helped revise the book since the fifth edition. Since Spock’s death in 1998, hisoriginal readers had proven to him that parents’ instincts were usually best. [16]

**SYNOPSIS**

The Common Sense Book of Baby and Child Care is a collection of topics corresponding to the child’s age, ranging from infancy to teenage years. Drawn from his career as a pediatrician with topics such as preparing for the baby, toilet training, school, illnesses, and “special problems” like “separated parents” and “the fatherless child.” [15]

Unlike leading child care experts prior to the 1940s, Spock supports flexibility in child-rearing, advising parents to treat each child as an individual. Drawing on his observations, Spock emphasizes the importance of “firm but gentle” control of children. [16]

Each subsequent edition of the book brings medical information up-to-date. Other revisions have emerged to deal with contemporary social issues, such as daycare and gay parenting.

In the second edition, Spock emphasizes in several new chapters the importance of “firm but gentle” control of children. [20] He warns against child-demand feeding, 1940s. Because parents were letting their baby dictate when he or she should be fed, some parents began indulging all of their child’s desires, resulting in unregulated sleep schedules and a loss of control for the

By the fourth edition, Spock adapts to society’s shifting ideas of gender equality, especially after the rise of the women’s liberation movement. [22] He warns against praising girls only on their appearance, where girls learn to do housework while boys play outside. Spock also continues to expand on the role of fathers and acknowledges that parents should have an equal role in the home.

In the seventh edition, Spock endorses a low-fat, plant-based diet for children due to rising trends in obesity and Spock’s own switch to a macrobiotic diet after fac

**REACTION**

Within a year of being published, The Common Sense Book of Baby and Child Care had sold 750,000 copies, mostly by word-of-mouth advertising. [23] Mothers appr

Spock was popularized by mentions in household magazines and famous television shows, such as Dr. Spock’s Baby and Child Care was already selling a million copies each year. [26] Baby and Child Care was already selling a million copies each year. [26] Spock could not have been able to do this without the support of readers. [27] He was lauded for writing with a friendly, reassuring tone and using simple language.

By the mid-1960s, however, book sales quickly slowed due to Spock’s tarnished reputation after his publicized involvement in protests of the Vietnam War. Skepticism of his work increased, especially in academic circles and among others. [28] He was lauded for writing with a friendly, reassuring tone and using simple language.

Spock faced widespread criticism for condoning an overly permissive parenting style. Many commentators blamed Spock for helping to create the counterculture of the 1960s. Critics praised him because they had been brought up by Baby and Child Care. Spock, however, continued to defend himself, saying he had always believed in firm leadership by parents. [30]

In the 1970s, the women’s liberation movement, feminists began to publicly criticize Spock for his sexist philosophy apparent in his book. Spock was thus forced to confront his own views on gender roles and gender stereotyping.

Near the end of his life, Spock’s changing ideas on nutrition were reflected in the seventh edition of his book, where he advocated a vegan diet. Spock’s views, however, were criticized by some experts as likely to result in nutritional deficiencies for children unless carefully planned. [31]

**LEGACY**

Baby and Child Care popularized new ideas about child care in the years following World War II, encouraging flexibility, common sense, affection, and Freudian philosophy. Spock’s reassuring advice

Spock also mocked Freudian explanations of children’s behavior in plain spoken language to avoid offending his readers, making Freud accessible to mainstream America. [32] In 1959, Life magazine named Spock one of the 100 most important

Although Spock’s reputation has changed over time, Spock continued to be a leading authority on child care until his death. In 1989, Life magazine named Spock one of the 100 most important

The New York Times noted that “babies do not arrive with owner’s manuals… But for three generations of American parents, the next best thing was Baby and Child Care... Dr. Benjamin Spock....
## Parenting

### Types

- Adoptive
- Alloparenting
- Complex family
- Coparenting
- Foster care
- Kommune 1
- LGBT
- Matrilineal family
- Nuclear family
- Orphaned
- Shared
- Single parent
- Blended family
- Surrogacy
- In-locus parent

### Theories - Areas

- Attachment theory
- Applied behavior analysis
- Behaviorism
- Child development
- Cognitive development
- Developmental psychology
- Human development
- Love
- Maternal bond
- Nature versus nurture
- Parental investment
- Paternal bond
- Pediatrics
- Social psychology

### Styles

- Attachment parenting
- Concerted cultivation
- Gatekeeper parent
- Helicopter parent
- Nurturant parenting
- Slow parenting
- Soccer mom
- Strict father model
- Taking Children Seriously
- Work at home parent

- After-school activity
- Allowance
- Bedtime
- Child care
<table>
<thead>
<tr>
<th>Techniques</th>
<th>Discipline</th>
<th>Abuse</th>
<th>Legal and social aspects</th>
<th>Experts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-sleeping</td>
<td>Blanket training</td>
<td>Child abandonment</td>
<td>Tanya Byron</td>
<td></td>
</tr>
<tr>
<td>Homeschooling</td>
<td>Corporal punishment in the home</td>
<td>Child abuse</td>
<td>Rudolf Dreikurs</td>
<td></td>
</tr>
<tr>
<td>Latchkey kid</td>
<td>Curfew</td>
<td>Child labour</td>
<td>David Elkind</td>
<td></td>
</tr>
<tr>
<td>Parent Management Training</td>
<td>Grounding</td>
<td>Child neglect</td>
<td>Jo Frost</td>
<td></td>
</tr>
<tr>
<td>Play (дети)</td>
<td>Tactical ignoring</td>
<td>Cinderella effect</td>
<td>Haim Ginott</td>
<td></td>
</tr>
<tr>
<td>Role model</td>
<td>Time-out</td>
<td>Incest</td>
<td>Thomas Gordon</td>
<td></td>
</tr>
<tr>
<td>Spoiled child</td>
<td></td>
<td>Narcissistic parent</td>
<td>Alan E. Kazdin</td>
<td></td>
</tr>
<tr>
<td>Television</td>
<td></td>
<td>Parental abuse by children</td>
<td>Truby King</td>
<td></td>
</tr>
<tr>
<td>Toy (educational)</td>
<td></td>
<td>Parental alienation</td>
<td>Annette Lareau</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Penelope Leach</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Madeleine Lenox</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>William Sears</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>B. F. Skinner</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Benjamin Spock</td>
<td></td>
</tr>
</tbody>
</table>
often referred to simply as Baby and Child Care), written by Dr. Benjamin Spock, was first published on 14 July 1946, and is one of the biggest best sellers of all time. By 1998, it had sold more than 50 million copies. In its most general sense, discipline refers to systematic instruction given to a … Wikipedia. TheYoungandtheRestlessminorcharacters – The following are characters from the American soap opera The Young and the Restless who are notable for their actions or relationships, but who do not warrant their own articles. Contents 1 Current Characters 1.1 Genevieve … Wikipedia. TheLastPuritan – The Last Puritan: A Memoir in the Form of a Novel was written by the American philosopher George Santayana. The groundbreaking American childcare manual urged parents to trust themselves, but was also accused of being the source of postwar ‘permissiveness’. Spock also projects a seductive, aw-shucks pragmatism on every page of Baby and Child Care. He insists his is not the last word, that mothers and fathers always know best and that “natural loving care” is the only way to go. Spock is also profoundly American in outlook. “Your baby is born to be a reasonable, friendly human being,” he writes, in words that could have been written by Thomas Jefferson or Benjamin Franklin. Later, reflecting Enlightenment thought, he would argue quite passionately that the growing child is fundamentally and naturally good, sensible, joyful and healthy.
This book has the most common sense approach to parenting I have seen to date. Very much an advocate of trusting your own instincts, he allows parents to be comfortable with their decisions. A great reference guide, quick answers to a lot of those questions that new parents have even the ones that they don't know they have, and the ones they don't want to admit that they have. I highly recommend this book! He gives confidence to first time parents and a great deal of helpful advice on every aspect of baby and child care. One can get a great deal out of Dr. Spock's work, but only if they are patient, thorough readers with a certain amount of common sense. Reassuring and Valuable Advice. Published by Thriftbooks.com User, 19 years ago. "The subtitle of the book was the Common Sense Book of Baby and Child Care. So if you had half a grain of sense you knew that the advice would be compatible with your own best instincts." Lynn Bloom remembers Benjamin Spock as someone who loved children, who would get down on the floor to play with them - a big man, more than six feet tall, with a booming laugh. And a very humane man. "I never heard him in private or in public utter any comment that was in any way denigrating, demeaning, that pulled rank, that indicated that he thought he was grandiose. I don't think