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 published and distributed. The book is a best-seller and has been translated into 39 languages. It is considered a classic in child-rearing literature.

Spock was known for his practical advice and his emphasis on the importance of parental confidence and trust in one's own instincts. His book 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. 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."
Spock's book helped revolutionize child care in the 1940s and 1950s. Prior to this, rigid schedules permeated pediatric care. Influential authors like behavioral psychologist B.F. Skinner and Child in 1928, and pediatrician L. E. Spock, who wrote The Care and Feeding of Children: A Catechism for the Use of Mothers and Children's Nurses in 1894, told parents to train their child at an early, specific age.[5][6] Watson, and other child care experts observed widespread over riders because they believed that irregularities in feeding and bowel diseases were 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 because children from becoming spoiled orassy, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection.

**INTENT**

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 practice with a psychoanalytic background. Seeking useful ways to implement Freudian philosophy into child-rearing practices, Spock would try out his advice on patients and their mothers. He then suggests ways to arrange the house and prevent accidents with a "wandering baby."

Spock emphasizes that ultimately, the parents' "natural loving care" for their children is most important. He reminds parents to have confidence in their abilities a pediatrician had proven to him that parents' instincts were usually best.[8]

**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, two more editions have been published.

**SYNOPSIS**

The Common Sense Book of Baby and Child Care is arranged by topics corresponding to the child's age, ranging from infancy to teenage years. Drawn from his career as a pediatrician with a psychoanalytic background, Spock's optimistic book reflects the hopefulness of the post-war period and society's focus on children. Because post-war families were smaller and had more money to spend on their children, parents became more concerned with providing the best for their children. At the same time, Spock's book helped revolutionize child care in the 1940s and 1950s. Prior to this, rigid schedules permeated pediatric care. Influential authors like behavioral psychologist B.F. Skinner and pediatrician L. E. Spock, who wrote The Care and Feeding of Children: A Catechism for the Use of Mothers and Children's Nurses in 1894, told parents to train their child at an early, specific age.[5][6] Watson, and other child care experts observed widespread over riders because they believed that irregularities in feeding and bowel diseases were among babies in the late nineteenth and early twentieth centuries.[7]

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**REACTION**

Within a year of being published, The Common Sense Book of Baby and Child Care had already sold 750,000 copies, mostly by word-of-mouth advertising.[25] Mothers appreciated that Spock was not condescending in his writing and instead very empathetic towards mothers, acknowledging how tiresome child care can be.[3] Although he believed that much of a child's personality and behavior depends on the parents' hands, he did not scare parents with this large responsibility of raising a "good" child, like earlier child care experts had.[24] He was lauded for writing with a friendly, reassuring tone and using conversational, easy-to-read language.

Spock was popularized by mentions in household magazines and famous television shows, such as The Beatles and the 1960s. Skepticism of his work increased, especially among colleagues, who criticized Spock for not being a serious academic researcher and relying too heavily on anecdotal evidence in his book.[29]

By the late 1960s, 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 attacked him for having been born 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, with the rise of the women's liberation movement, feminists began to publicly criticize Spock for the sexist philosophy apparent in his book. Spock was thus forced to confront his own ideas about women.

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 macrobiotic diet for children due to rising trends in obesity and his own switch to a vegetarian diet.

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 facing widespread criticism for condoning an overly permissive parenting style.

**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 for parents influenced the development of a child-centered approach to child development. Spock also popularized the concept of "normal" child development, which emphasized the importance of the child's emotional and social needs. Spock's book was translated into many languages and sold in millions of copies worldwide.

Although Spock's reputation has changed over time, Spock continued to be a leading authority on child care until his death. In 1998, Life magazine named Spock one of the 100 most important Americans in the 20th century. Spock's work has had a lasting impact on the way parents think about and raise their children.
Parenting

Types

Adoptive |
Alloparenting |
Complex family |
Coprarenthood |
Foster care |
Kommune 1 |
LGBT |
Matrilineal family |
Noncustodial |
Nuclear family |
Orphaned |
Shared |
Single parent |
Blended family |
Surrogate |
In loco parentis |

Theories and 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 |
(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.
Dr. Spock's book of baby care completely changed the way parents raise their children and is one of the best-selling non-fiction books of all time. With the aid of his wife, Jane, Spock spent several years writing his first and most famous book, The Common Book of Baby and Child Care. The fact that Spock wrote in a congenial manner and included humor made his revolutionary changes to child care easier to accept. Spock advocated that fathers should play an active role in raising their children and that parents will not spoil their baby if they pick him up when he cries. Benjamin Spock's The Common Sense Book of Baby and Child Care is one of the best-selling books of the twentieth century, selling 500,000 copies in the six months after its initial publication in 1946, and 50 million by the time of Spock's death in 1998. As of 2011, the book had been translated into 39 languages. 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.