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 in the twentieth century in America, aside from the Bible. 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. Spock emphasizes in his book that, above all, parents should have confidence in their abilities and trust their instincts.

HISTORY

CHILD CARE BEFORE SPOCK
Although Spock's reputation has changed over time, Spock continued to be a leading authority on child care until his death. In 1990, time, the widespread move to the suburbs broke up families, increasing parents' reliance on experts' advice over grandparents' advice. Spock's views have brought naturalness, common sense, reassurance, Sigmund Freud and even joy to parents all over the world. 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 gender roles and gender stereotyping. By the mid-1960s, however, book sales quickly slowed due to Spock's tarnished reputation after his publicized involvement in protests of the war period. Mothers heavily relied on his advice; by 1956, Spock was popularized by mentions in household magazines and famous television shows, such as parents with this large responsibility of raising a "good" child, like earlier child care experts had. 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 psychoanalytic training, he explains the behavior and motivations of children at each stage of growth, allowing parents to make their own decisions about how to raise their children. For example, Spock has an entire chapter explaining that babies at this age like to explore the world around them. 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.

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, pediatrician Dr. Benjamin Spock's Baby and Child Care had sold 750,000 copies, mostly by word-of-mouth advertising. Mothers appreciated that Spock was not condescending in his writing with topics such as preparing for the baby, toilet training, school, illnesses, and "special problems" like 'separated parents' and 'the fatherless child.'

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 psychoanalytic training, he explains the behavior and motivations of children at each stage of growth, allowing parents to make their own decisions about how to raise their children. For example, Spock has an entire chapter explaining that babies at this age like to explore the world around them. 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.

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. Seeking useful ways to implement Freudian philosophy into child-rearing practices, Spock would try out his advice on his own children. 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 vegan 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 vegan diet.

He warns against self-demand feeding, a type of feeding that had become popular in the 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 pediatrician. In 1894, told parents to feed babies on strict schedules and start weaning them off breast milk at six months. Critics believed the current youth were rebellious and defiant in part because parents had not yet developed the time to take the necessary steps to prevent children from becoming spoiled or fussy, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection that could be misinterpreted as excessive. Spock argued 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

Adoptive
Alloparenting
Complex family
Co-parenting
Foster care
Kommune 1
LGBT
Matrilineal family
Nuclear family
Orphaned
Shared
Single parent
Blended family
Surrogate
In loco parentis

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

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

Types

Adoptive
Alloparenting
Complex family
Co-parenting
Foster care
Kommune 1
LGBT
Matrilineal family
Nuclear family
Orphaned
Shared
Single parent
Blended family
Surrogate
In loco parentis

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

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

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

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
### Techniques
- Co-sleeping
- Homeschooling
- Latchkey kid
- Parent Management Training
- Play (date)
- Role model
- Spoiled child
- Television
- Toy (educational)

### Discipline
- Blanket training
- Corporal punishment in the home
- Curfew
- Grounding
- Tactical ignoring
- Time-out
- Child abandonment
- Child abuse
- Child labour
- Child neglect
- Cinderella effect
- Incest
- Narcissistic parent
- Parental abuse by children
- Parental alienation
- Child support
- Cost of raising a child
- Marriage
- Parental responsibility
- Deadbeat parent
- Paternity
- Disownment

### Abuse
- Tanya Byron
- Rudolf Dreikurs
- David Elkind
- Jo Frost
- Haim Ginott
- Thomas Gordon
- Alan E. Kazdin
- Truby King
- Annette Lareau
- Penelope Leach
- Madeline L'Engle
- William Sears
- B. F. Skinner
- Benjamin Spock
**Baby and 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.
While still providing reassuring advice on age-old topics such as caring for a new baby, as well as accidents, illness, and injuries, this book also contains expanded information in many new areas, including:

- Cutting-edge medical opinion on immunizations.
- Obesity and nutrition.

In the 1958 edition of his best-selling book The Common Sense Book of Baby and Child Care, pediatrician Dr Benjamin Spock warned against placing a baby on its back, writing, "if [an infant] vomits, he's more likely to choke on the vomitus." However, later studies have shown that placing a young baby in a prone position increases the risk of sudden infant death syndrome (SIDS). A 2005 study concluded that "systematic review of preventable risk factors for SIDS from 1970 would have led to earlier recognition of the risks of sleeping on the front and might have prevented over