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## THE COMMON SENSE BOOK OF BABY AN



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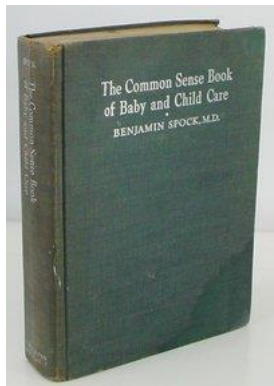
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## THE COMMON SENSE BOOK OF BABY AND CHILD CARE

*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 published in the twentieth century in America, aside from the Bible.<sup>[1]</sup> As of 2011, the book had been translated into 39 languages.<sup>[2]</sup>

Spock and his manual helped revolutionize child-rearing methods for the post-World War II generation. Mothers heavily relied on the book's reassuring tone.<sup>[3]</sup> Spock emphasizes in his book that, above all, parents should have confidence in their abilities and trust the child. "Trust yourself. You know more than you think you do."<sup>[4]</sup>

## HISTORY

Author	Benjamin Spock
Country	USA
Language	English
Subject	Child care
Publisher	Duell, Sloan and Pearce (New York City)
Publication date	July 14, 1946
Pages	527 (1st edition)
OCLC	654127882

## 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 pare training at an early, specific age.<sup>[5][6]</sup> Watson, Holt, and other child care experts obsessed over rigidity because they believed that irregularities in feeding and bow diseases seen among babies in the late nineteenth and early twentieth centuries.<sup>[7]</sup>

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

## 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 wa 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 b pediatrician with a psychoanalytic background. Seeking useful ways to implement Freudian philosophy into child-rearing practices, Spock would try out his advice o response.<sup>[11]</sup> He contradicted contemporary norms in child care by supporting flexibility instead of rigidity and encouraging love for children by their parents.<sup>[12]</sup>

Although Spock was approached to write a child-care manual in 1938 by Doubleday, he did not yet feel certain enough of his professional abilities to accept the offi 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**.<sup>[13]</sup> 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

## 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 | with topics such as preparing for the baby, toilet training, school, illnesses, and "special problems" like "separated parents" and "the fatherless child".<sup>[15]</sup>

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 ps 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 ch explains 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.<sup>[17]</sup> He reminds parents to have confidence in their abilities a pediatrician had proven to him that parents' instincts were usually best.<sup>[18]</sup>

## 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 19

Spock, Benjamin (1957). *Baby and Child Care* (2nd ed.). New York: Pocket Books.

Spock, Benjamin (1976). *Baby and Child Care* (4th ed.). New York City: Pocket Books.

Spock, Benjamin; Rothenberg, Michael B. (1985). *Dr. Spock's Baby and Child Care for the Nineties* (5th ed.). New York City: E.P. Dutton.

Spock, Benjamin; Rothenberg, Michael B. (1992). *Dr. Spock's Baby and Child Care* (6th ed.). New York City: Dutton.

Spock, Benjamin; Parker, Steven (1998). *Dr. Spock's Baby and Child Care* (7th ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (2004). *Dr. Spock's Baby and Child Care* (8th ed.). New York: Pocket Books.

Spock, Benjamin; Robert Needlman (2012). *Dr. Spock's Baby and Child Care* (9th ed.). New York: Gallery Books.

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

In the second edition, Spock emphasizes in several new chapters the importance of “firm but gentle” control of children.<sup>[20]</sup> He warns against self-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 unregula parents. Spock clarifies in his manual that while parents should respect their children, they also must ask for respect in return.<sup>[21]</sup>

By the fourth edition, Spock adapts to society's shifting ideas of gender equality, especially after the rise of the [22] He warns against praising girls only on their app 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 ec both having the right to work.<sup>[23]</sup>

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 already sold 750,000 copies, mostly by word-of-mouth advertising.<sup>[25]</sup> Mothers appr and instead very empathetic towards mothers, acknowledging how tiresome child care can be.<sup>[3]</sup> Although he believed that much of a child's personality and behav parents with this large responsibility of raising a “good” child, like earlier child care experts had.<sup>[26]</sup> He was lauded for writing with a friendly, reassuring tone and usi

Spock was popularized by mentions in household magazines and famous television shows, such as [25] *Spock quickly became a household name in the 1950s and is frequently cr war period. Mothers heavily relied on his advice; by 1956, The Common Sense Book of Baby and Child Care was already selling a million copies each year.*<sup>[28]</sup>

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 a 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 i 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, 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 ide

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 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 advica children.<sup>[32]</sup> Spock also masked Freudian explanations of children's behavior in plainspoken language to avoid offending his readers, making Freud accessible to mainstream America.<sup>[33]</sup> In 1959, *Loe has so influenced an entire nation's ideas about babies...His views have brought naturalness, common sense, reassurance, Sigmund Freud and even joy to parents all over the world.*<sup>[34]</sup>

*Spock's optimistic book reflects the hopefulness of the post-war period and society's focus on children. Because post-war affluence helped parents give children more opportunities, parents became mor time, the widespread move to the suburbs broke up families, increasing parents' reliance on experts' advice over grandparents' advice.*<sup>[35]</sup>

Although Spock's reputation has changed over time, Spock continued to be a leading authority on child care until his death. In 1990, *Life* magazine magazine named Spock one of the 100 most impo *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...bre

## NOTES

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## Parenting

<b>Types</b>	<ul style="list-style-type: none"><li><i>Adoptive</i>  </li> <li><i>Alloparenting</i>  </li> <li><i>Complex family</i>  </li> <li><i>Coparenting</i>  </li> <li><i>Foster care</i>  </li> <li><i>Kommune 1</i>  </li> <li><i>LGBT</i>  </li> <li><i>Matrifocal family</i>  </li> <li><i>Noncustodial</i>  </li> <li><i>Nuclear family</i>  </li> <li><i>Orphaned</i>  </li> <li><i>Shared</i>  </li> <li><i>Single parent</i>  </li> <li><i>Blended family</i>  </li> <li><i>Surrogacy</i>  </li> <li><i>In loco parentis</i></li></ul>
<b>Theories • Areas</b>	<ul style="list-style-type: none"><li><i>Attachment theory</i>  </li> <li><i>Applied behavior analysis</i>  </li> <li><i>Behaviorism</i>  </li> <li><i>Child development</i>  </li> <li><i>Cognitive development</i>  </li> <li><i>Developmental psychology</i>  </li> <li><i>Human development</i>  </li> <li><i>Love</i>  </li> <li><i>Maternal bond</i>  </li> <li><i>Nature versus nurture</i>  </li> <li><i>Parental investment</i>  </li> <li><i>Paternal bond</i>  </li> <li><i>Pediatrics</i>  </li> <li><i>Social psychology</i></li></ul>
<b>Styles</b>	<ul style="list-style-type: none"><li><i>Attachment parenting</i>  </li> <li><i>Concerted cultivation</i>  </li> <li><i>Gatekeeper parent</i>  </li> <li><i>Helicopter parent</i>  </li> <li><i>Nurturant parenting</i>  </li> <li><i>Slow parenting</i>  </li> <li><i>Soccer mom</i>  </li> <li><i>Strict father model</i>  </li> <li><i>Taking Children Seriously</i>  </li> <li><i>Work at home parent</i></li></ul>
	<ul style="list-style-type: none"><li><i>After-school activity</i>  </li> <li><i>Allowance</i>  </li> <li><i>Bedtime</i>  </li> <li><i>Child care</i>  </li></ul>

<i>Techniques</i>	<i>Co-sleeping</i>
	<i>Homeschooling</i>
	<i>Latchkey kid</i>
	<i>Parent Management Training</i>
	<i>Play (date)</i>
	<i>Role model</i>
	<i>Spoiled child</i>
	<i>Television</i>
<i>Discipline</i>	<i>Toy (educational)</i>
	<i>Blanket training</i>
	<i>Corporal punishment in the home</i>
	<i>Curfew</i>
	<i>Grounding</i>
	<i>Tactical ignoring</i>
	<i>Time-out</i>
<i>Abuse</i>	<i>Child abandonment</i>
	<i>Child abuse</i>
	<i>Child labour</i>
	<i>Child neglect</i>
	<i>Cinderella effect</i>
	<i>Incest</i>
	<i>Narcissistic parent</i>
	<i>Parental abuse by children</i>
	<i>Parental alienation</i>
<i>Legal and social aspects</i>	<i>Child support</i>
	<i>Cost of raising a child</i>
	<i>Marriage</i>
	<i>Parental responsibility</i>
	<i>Deadbeat parent</i>
	<i>Paternity</i>
	<i>Disownment</i>
<i>Experts</i>	<i>Tanya Byron</i>
	<i>Rudolf Dreikurs</i>
	<i>David Elkind</i>
	<i>Jo Frost</i>
	<i>Haim Ginott</i>
	<i>Thomas Gordon</i>
	<i>Alan E. Kazdin</i>
	<i>Truby King</i>
	<i>Annette Lareau</i>
	<i>Penelope Leach</i>
	<i>Madeline Levine</i>
	<i>William Sears</i>
	<i>B. F. Skinner</i>
	<i>Benjamin Spock</i>

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(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. *The Young and the Restless* minor characters – 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. *The Last Puritan* – *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.

Read age-appropriate book reviews for kids and parents written by our experts.Â Check out the Common Sense Seal honorees. Editors' Top Picks. Find movies and TV shows that build character. Books. Book Reviews and Lists. Best Book Lists. Book Reviews. The Common Sense Book of Baby and Child Care. â¾LibraryThing members' description. Book description.Â 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