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. 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. The famous first line of the book reads, "Trust yourself. You know more than you think you do."

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 to keep children up at an early, specific age.[3] Watson, and other child care experts obsessed 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 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.

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 became a pediatrician 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, continuously seeking their feedback.

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 studies of 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 on "The One-Year-Old," in which he 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.[37] He reminds parents to have confidence in their abilities a pediatrician had proven to him that parents' instincts were usually best.[38]

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### INTENT

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### 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.

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

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.

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Spock also continues to expand on the role of fathers and acknowledges that parents should have an equal share in child-rearing responsibilities, while also recognizing the 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 on "The One-Year-Old," in which he 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."

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### 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, Spock's advice is comprehensive, dealing with topics such as preparing for the baby, toilet training, school, illnesses, and "special problems" like 'separated parents' and 'the fatherless child'.[35]

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### REACTION

Within a year of being published, 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 John Watson, Holt, and other child care experts obsessed over rigidity because they believed that irregularities in feeding and bowel diseases seen among babies in the late nineteenth and early twentieth centuries.

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### 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 children.[32] Spock also masked Freudian explanations of children's behavior in plainspoken language to avoid offending his readers, making Freud accessible to mainstream America.[33] In 1959, Look 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."[34]

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 more time, the widespread move to the suburbs broke up families, increasing parents' reliance on experts' advice over grandparents' advice.[35]

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 people in history. Spock 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 children.[32] Spock also masked Freudian explanations of children's behavior in plainspoken language to avoid offending his readers, making Freud accessible to mainstream America.[33] In 1959, Look 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."[34]
### Parenting

#### Types

- Adoptive
- Alloparenting
- Complex family
- Coparenting
- Foster care
- Kommune I
- LGBT
- Matribal family
- Noncustodial
- Nuclear family
- Orphaned
- Shared
- Single parent
- Blended family
- Surrogacy
- In loco parentis

#### 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
(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.