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 20th 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
Spock's book helped revolutionize child care in the 1940s and 1950s. Prior to this, rigid schedules permeated pediatric care. Influential authors like behavioral psychoanalyst Benjamin Spock and child rearing expert Lillian Ederman Holt, who wrote The Care and Feeding of Children: A Casebook for the Use of Mothers and Children's Nurses in 1894, told parents to train at an early, specific age. Watson, Holt, and other child care experts advocated for rigid feeding because they believed that irregularities in feeding and bowel diseases seen among babies in the late nineteenth and early twentieth centuries.

Furthermore, these experts, whose ideas were embodied in Infant Care pamphlets distributed by the U.S. government, warned against "excessive" affection by parents as being too extreme, whereas Spock's views encouraged flexibility, common sense, affection, and Freudian philosophy. Spock's reassuring advice gave parents the confidence to use their best judgment to raise their children.

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 began to develop a more empathetic, common-sense approach to child care, which he called "flexible child care." Spock's approach to child care was based on the idea that children are unique individuals who should be treated as such.

Spock's optimistic book reflects the hopefulness of the post-war period and society's focus on children. Because post-war America was experiencing a demographic shift, with many veterans returning home and starting families, there was a shift in parenting styles. Parents became more concerned with providing the best for their children. At the same time, parents were also more aware of the importance of nutrition and the role of grandparents in their children's lives.

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 late 1960s, Spock faced widespread criticism for condoning an overly permissive parenting style. Many commentators blamed Spock for helping to create the "child-rearing revolution," which led to a shift in parenting styles and a greater emphasis on the needs of children.

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### Parenting

**Types**

Adoptive | Alloparenting | Complex family | Coparenting | Foster care | Kinship | LGBT |

Matriarchal family | Noncustodial | Nuclear family | Orphaned | Shared | Single parent | Blended family | Surrogate | 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 |
### 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

### Abuse
- Child support
- Cost of raising a child
- Marriage
- Parental responsibility
- Deadbeat parent
- Paternity
- Disownment

### Legal and social aspects
- Child support
- Cost of raising a child
- Marriage
- Parental responsibility
- Deadbeat parent
- Paternity
- Disownment

### Experts
- Tanya Byron
- Rudolf Dreikurs
- David Elkind
- Jo Frost
- Haim Ginott
- Thomas Gordon
- Alan E. Kazdin
- Truby King
- Annette Laroux
- Penelope Leach
- Madeline Lavenor
- William Sears
- B. F. Skinner
- Benjamin Spock
### CATEGORIES

**CHILD CARE**

**ENCYCLOPEDIA ARTICLE**

Education, Parent, Early childhood education, Child development, School

[READ MORE]

**TOILET TRAINING**

**ENCYCLOPEDIA ARTICLE**

Urination, Africa, United States, Toilet paper, Toilet

[READ MORE]

### SUGGESTIONS

**BENJAMIN SPOCK**

**ENCYCLOPEDIA ARTICLE**

Pediatrics, Vietnam War, Love, Psychoanalysis, Rowing at the Summer Olympics

[READ MORE]

**STEVEN PARKER**

**ENCYCLOPEDIA ARTICLE**

The Common Sense Book of Baby and Child Care, Steve Parker (defensive end, born 1956), Steve Parker (defensive end, born 1959), Steve Parker (writer), Shirley MacLaine

[READ MORE]

**LIMBIC RESONANCE**

**ENCYCLOPEDIA ARTICLE**

Limbic system, Brain, A General Theory of Love, Nervous system, Empathy

[READ MORE]

**1946 BOOKS**

**ENCYCLOPEDIA ARTICLE**

1946 In Literature, Foundations of Algebraic Geometry, Setting (fiction), A History of Philosophy (Copleston), A Little Yes and a Big No

[READ MORE]
(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.
Developmental Psychology:
- Cognitive development
- Development of the self
- Emotional development
- Language development
- Moral development
- Perceptual development
- Personality development
- Psychosocial development
- Social development
- Developmental measures.