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.

"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 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 training at an early, specific age. Watson, Holt, and other child care experts observed over rigidly 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 children from becoming spoiled or fussy, 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 began to look for a way to help parents with this large responsibility of raising a “good” child, like earlier child care experts of the twentieth century. Spock emphasized 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.

**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’.

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 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.”

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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.

**REACTION**

Within a year of being published, The Common Sense Book of Baby and Child Care had sold well over 750,000 copies, mostly by word-of-mouth advertising. Mothers appreciated and instead very empathetic towards mothers, acknowledging how tiresome child care can be. Although he believed that much of a child’s personality and behavior is shaped by their early experiences, Spock’s views were criticized by some experts as being too extreme; critics were concerned that a vegan diet could result in nutritional deficiencies for children unless carefully planned.

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 named Spock one of the 100 most important people in the world, associating him with the counterculture of the 1960s.

**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. Spock also stressed the importance of children’s behavior in精湛 speaks language to avoid offending his readers, making Freud accessible to mainstream America. In 1939, Dr. Benjamin 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 training at an early, specific age. Watson, Holt, and other child care experts observed over rigidly 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 children from becoming spoiled or fussy, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection.

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### 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
- Child abandonment
- Child abuse
- Child labour
- Child neglect
- Cinderella effect
- Incest
- Narcissistic parent
- Parental abuse by children
- Parental alienation

### 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 Lareau
- Penelope Leach
- Madeline Lave
- William Sears
- B. F. Skinner
- Benjamin Spock
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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. 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. Benjamin Spock periodically updated the text to reflect advances in medicine (such as the eradication of polio and other childhood diseases) and changes in society (including the rise in divorce rates, the prevalence of single parents and blended families, and women’s struggle for equality). Spock’s text has been highly influential and widely copied. His famous first line, “You know more than you think you do,” reassures parents of their competence. He encourages parents to trust themselves and decries rigidity in scheduling and (The entire section is 235 words.)}

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