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."
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 B. Watson and child care expert Dr. 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 train their children at an early age, in a specific way. Watson, Holt, and other child care experts obsessed over rigidity because they believed that irregularities in feeding and bowel movements were causing the widespread diarrheal 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. They believed that children should be trained to be independent and self-sufficient. However, since post-war parents were often more focused on providing for their children, they started to question the advice given by experts.

In the second edition, Spock emphasizes in several new chapters the importance of "firm but gentle" control of 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. Spock also continues to expand on the role of fathers and acknowledges that parents should have an equal share in child-rearing responsibilities.

REVISED EDITIONS

During Spock's lifetime, several editions of his book were published. Several co-authors have helped revise the book since the fifth edition. Since Spock's death in 1998, the book has been updated and revised numerous times. Each subsequent edition of the book brings medical information up-to-date. Other revisions have emerged to deal with contemporary social issues, such as day care and the Vietnam War.

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 with a psychoanalytic background, Spock's work was praised for being both practical and comprehensive. His advice was based on a wide range of sources, including scientific studies, case histories, and his own observations.

REACTION

Within a year of its publication, The Common Sense Book of Baby and Child Care had sold 750,000 copies, mostly by word-of-mouth advertising. Spock's book was praised for being both practical and comprehensive. His advice was based on a wide range of sources, including scientific studies, case histories, and his own observations.
Parenting

Types

Adoptive |
Alloparenting |
Complex family |
Coparenting |
Foster care |
Kommune I |
LGBT |
Matrifocal family |
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
- 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 Lavey
- 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. 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.

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.