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.[1] As of 2011, the book had been translated into 39 languages.[2]

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.[1] 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."[1]

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 train their children to a specific age. Watson, Holt, and other child care experts obsessed over rigidity because they believed that irregularities in feeding and bowel movements were causing diarrheal disease. Spock's views, however, 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 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 offer. He felt his own children were as much as he could handle. But eventually, 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. The 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 book was sold at just twenty-five cents. The book restricted 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. The book was popularized by mentions in household magazines and famous television shows, such as Life magazine and the popular television show Dr. Spock. Although his 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.

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, 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.

In the second edition, Spock emphasizes in several new chapters the importance of “firm but gentle” control of children. He warns against self-demand feeding, a type of feeding that had become popular in the counterculture of the 1960s. He also expands on the role of fathers and acknowledges that parents should have an equal share in child-rearing responsibilities, while also giving 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. The 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 book was sold at just twenty-five cents. The book was popularized by mentions in household magazines and famous television shows, such as Life magazine and the popular television show Dr. Spock. Although his 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.

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 the war period. Mothers heavily relied on his advice; by 1960, The Common Sense Book of Baby and Child Care was already selling a million copies each year. 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 among academic researchers and parents who relied too heavily on anecdotal evidence in his book. In 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 charged that his advice was too flexible and encouraged children to be independent and self-sufficient. Spock denied these charges, insisting that his advice was based on scientific research.

Spock warned against rigid schedules and recommended that parents allow their children to develop at their own pace. He advocated for a balanced approach to child care, combining both traditional and modern techniques. Spock also emphasized the importance of observation and individualization in parenting. He encouraged parents to listen to their children and respond to their needs.

Reactions vary widely, with some parents praising Spock’s approach as a breath of fresh air and others criticizing it as too permissive. Some experts argue that Spock’s ideas have laid the foundation for modern approaches to child care, while others believe they were overly simplistic and did not take into account the complexities of parenting.

Legacy

Spock’s book has had a lasting impact on child care. It has been translated into many languages and has sold millions of copies worldwide. The Common Sense Book of Baby and Child Care has become a classic in the field of child care. Spock’s ideas have influenced generations of parents and have been incorporated into many parenting manuals and advice columns.

Although Spock’s reputation has changed over time, he continued to be a leading authority on child care until his death. In 1990, Life magazine named Spock one of the 100 most important Americans of the 20th century. He was also named by The New York Times as a “Great American.” Spock’s legacy continues to be felt in the field of child care, with his ideas and principles still being discussed and debated today.

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 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. 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. He reminds parents to have confidence in their abilities a pediatrician had proven to him that parents’ instincts were usually best.
### Parenting

#### Types

- Adoptive
- Alloparenting
- Complex family
- Coparenting
- Foster care
- Kommune I
- LGBT
- Matrifocal 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. 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.
This book is the 595th greatest Nonfiction book of all time as determined by thegreatestbooks.org. It has been translated into 39 languages, claimed by Channel 4 programme "Bringing Up Baby" to be second only to the Bible in non-fiction sales. Another source places the book as the seventh best-selling "non-fiction" book of all time. The book, along with Dr. Spock, attained fame almost instantly, selling 500,000 copies in its first six months. By Spockâ€™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 Spockâ€™s advice and appreciated his friendly, reassuring tone. Spock emphasizes in his book more on Wikipedia. The Common Sense Bo... Child care or childcare, child minding, daycare, or preschool is the caring for and supervision of a child or children, usually from age six weeks to age thirteen. Child care is the action or skill of looking after children by a day-care center, babysitter, or other providers. Child care is a broad topic covering a wide spectrum of contexts, activities, social and cultural conventions, and institutions. By Spockâ€™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.