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. The book, along with Dr. Spock, attained fame almost instantly, selling 500,000 copies in its first six months. By 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 psychiatrist John B. Watson, who wrote Psychological Care of Infant and Child in 1928, and pediatrician 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 feed babies on strict schedules and start toilet training at an early, specific age. Watson, Holt, and other experts were 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.

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 wanted to explore the psychological reasons behind common problems seen during practices like...
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 1990, two more editions have been published.

Spock, Benjamin; Robert Needlman (2012). Dr. Spock's Baby and Child Care (10th ed.). New York: Pocket Books.


Spock, Benjamin; Robert Needlman (1995). Dr. Spock's Baby and Child Care: For the '80s (2nd ed.). New York City: E.P. Dutton.

Spock, Benjamin; Robert Needlman (1992). Dr. Spock's Baby and Child Care (1st ed.). Pocket Books.


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, infant care, toilet training, school, illnesses, and "special problems like 'separated parents' and 'the offender 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 psychoanalytic training, he explains the behavior and motivations of children at each stage or parents to make their own decisions about how to raise their children. For example, Spock has an entire chapter devoted to "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: prevent accidents with a "wanderling baby."[27]

Spock emphasizes that ultimately, the parents' "natural loving care" for their children is most important.[27] He reminds parents to have confidence in their abilities and to trust their common sense; his practice as a pediatrician had proven to him that this was usually best. [28]

NOTES
New York Times
Although Spock's reputation has changed over time, Spock continued to be a leading authority on child care until his death. In 1990, the widespread move to the suburbs broke up families, increasing parents' reliance on experts' advice over grandparents' advice.

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."[27]

children.

SYNOPSIS
Within a year of being published, The Common Sense Book of Baby and Child Care had already sold 750,000 copies, mostly by word-of-mouth advertising.[22] Mothers appreciated that Spock was not condescending in his writing and instead very empathetic to mothers, acknowledging how fierce love for children can be.[22] Although he believed that much of a child's personality and behavior rested in the parents' hands, he did not scold parents with this large responsibility of raising a "good" child, like earlier child care writers. He was lauded for writing with a friendly, reassuring tone and using conversational, easy-to-read language.[22]

Spock was popularized by mentions in household magazines and famous television shows, such as [25]Spock quickly became a household name in the 1950s and is frequently credited for helping to raise a generation of "Spock babies" in the post-war period.[26] By 1956, The Common Sense Book of Baby and Child Care was already selling a million copies each year.[22]

By the mid-1960s, however, book sales quickly slowed due to Spock's tarnished reputation after his publicized involvement in the protests of the Vietnamese War. Skepticism of his work increased, especially among colleagues, who criticized Spock for not being a researcher and relying too heavily on anecdotal evidence in his book.[22]

By 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 believed the current youth were rebellious and defiant because they had been brought up by Baby and Child Care. Spock, however, continued to defend himself, saying he had always believed in family parenting.[22]

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.[22]

Near the end of his life, Spock's changing ideas on nutrition were reflected in the seventh edition of his book, where he advocated a vegan diet. Spock's views, however, were criticized by some experts as being too extreme; critics were concerned that a v likely result in nutritional deficiencies for children unless carefully planned.[22]

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 gave parents the confidence to use their best judgments.[27] Spock also masked Freudian explanations of children's behavior in plainspoken language to avoid offending his readers, making Freud accessible to mainstream America.[22] In 1959, Look magazine praised Spock, noting that "perhaps no other influencer of an entire nation's ideas about babies…Spock's views, however, were criticized by some experts as being too extreme; critics were concerned that a v likely result in nutritional deficiencies for children unless carefully planned.[22]

Spock's optimistic book reflected 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 concerned with providing the best for their children.

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### 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

### Techniques
- After-school activity
- Allowance
- Bedtime
- Child care
- Co-sleeping
- Homeschooling
- Latchkey kid
- Parent Management Training
- Playdate
- Role model
- Spoiled child
- Television
- Toy (educational)

### Discipline
- Blanket training
- Corporal punishment in the home
- Curfew
- Grounding
- Tactical ignoring
- Time-out

### 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
- Divorce
No book published after 1957 has been a true reprint of the original book. Starting with Baby and Child Care (2nd ed.), New York: Pocket Books (1957), books have been coming out claiming to be new editions of the original book, but in reality they are different books, not the same book. Poor Dr. Spock has had to cater to the demands of various pressure groups who demanded revisions of his work. ... more. Get A Copy. Benjamin McLane Spock was an American pediatrician whose book Baby and Child Care, published in 1946, is one of the biggest best-sellers of all time. Its revolutionary message to mothers was that "you know more than you think you do." Spock was the first pediatrician to study psychoanalysis to try to understand children's needs and family dynamics. Assessment | Biopsychology | Comparative | Cognitive | Developmental | Language | Individual differences | Personality | Philosophy | Social | Methods | Statistics | Clinical | Educational | Industrial | Professional | Items | Developmental psychology | Cognitive development | Development of the self | Emotional development | Language development | Moral development | Perceptual development | Personality development | Psychosocial development | Social development | Developmental measures. In 1946 Hodder published arguably the most influential book of the twentieth century, "The Common Sense Book of Baby and Child Care". From an initial print run of 10,000 the book went on to sell more than 50 million copies and was translated into 40 languages, making it approximately a quarter as successful as "The DaVinci Code". Critics initially dismissed the work and later blamed its success for the excesses of the 1960's and 70's. However, the life of almost every child in the western hemisphere.