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."

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 psychoanalyst Infants 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 oversaw rigidly because they believed that irregularities in feeding and bow 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 from becoming spoiled or fussy, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection.

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 use a pediatrician with a psychoanalytic background. Seeking new ways to implement Freudian philosophy into child-rearing practices, Spock would try out his advice on his own children. Spock, who had just turned 30, had already sold 750,000 copies, mostly by word-of-mouth advertising. 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.

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*. Spock himself 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.

### 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.

**Spock, Benjamin (1938). *Dr. Spock’s Baby and Child Care* (1st ed.). New York: Pocket Books.**


**Spock, Benjamin; Rothenberg, Michael B. (1992). *Dr. Spock’s Baby and Child Care* (9th ed.). New York: Gallery Books.**

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.

### 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. Based on 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 observations, Spock’s book helped revolutionize child care in the 1940s and 1950s. Prior to this, rigid schedules permeated pediatric care. Influential authors like behavioral psychiatrists 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.

Spock was popularized by mentions in household magazines and famous television shows, such as *The Tonight Show*. 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-World War II era. Mothers appreciated that Spock was not condescending in his writing, in order to give less arbitrary advice to mothers who came to his practice. He thus became trained in child care by supporting flexibility instead of rigidity and encouraging love for children by their parents.

Spock emphasizes that ultimately, the parents’ “natural loving care” for their children is most important. He reminds parents to have confidence in their abilities as a pediatrician had proven to him that parents’ instincts were usually best.

### REACTION

Within a year of being published, *The Common Sense Book of Baby and Child Care* had sold 750,000 copies, mostly by word-of-mouth advertising. Mothersapphire and instead very empathetic towards mothers, acknowledging how tiresome child care can be.

Spock also masked Freudian explanations of children’s behavior in plain language to avoid offending his readers, making *The Common Sense Book of Baby and Child Care* accessible to mainstream America.

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. Spock’s views, however, were criticized by some experts as being too extreme; critics were concerned that a macrobiotic diet could lead to nutritional deficiencies for children unless carefully planned.

### LEGACY

Spock’s work has shaped the way parents think about child care and the role of experts in shaping child-rearing practices. His emphasis on the importance of parents’ natural loving care and his downplaying of rigid schedules have had a lasting impact on modern child care.

Although Spock’s reputation has changed over time, Spock continued to lead 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. In 1996, the magazine named Spock one of the 100 most important people of the twentieth century.
Parenting

Types

Adoptive |
Alloparenting |
Complex family |
Coparenting |
Foster care |
Kommune 1 |
LGBT |
Matrilineal 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

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 Lareau
- Penelope Leach
- Madeline Levine
- 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 child. 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. Throughout its first 52 years, Baby and Child Care was the second-best-selling book, next to the Bible. Its message to mothers is that "you know more than you think you do. He died on March 15, 1998. The book arrived in good condition. A lot of the reading is still relevant and some lost traditions of child rearing. Read more. One person found this helpful. 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