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. 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.

Moreover, these experts, whose ideas were embodied in Infant Care pamphlets distributed by the U.S. government, warned against “excessive” affection by parents for their children. To maintain sterility and to prevent 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 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 1998, two more editions have been published.

Spock, Benjamin; Robert Needlman (2012). Dr. Spock's Baby and Child Care for the Nineties (7th ed.). New York City: Pocket Books.


Spock, Benjamin; Robert Needlman (2003). Dr. Spock's Baby and Child Care (9th ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (2002). Dr. Spock's Baby and Child Care (8th ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (2001). Dr. Spock's Baby and Child Care (7th ed.). New York City: Pocket Books.


Spock, Benjamin; Robert Needlman (1982). Dr. Spock's Baby and Child Care (9th ed.). New York City: Pocket Books.


Spock, Benjamin; Robert Needlman (1980). Dr. Spock's Baby and Child Care (7th ed.). New York City: Pocket Books.


Spock, Benjamin; Robert Needlman (1975). Dr. Spock's Baby and Child Care (2nd ed.). New York City: Pocket Books.


Spock, Benjamin; Robert Needlman (1973). Dr. Spock's Baby and Child Care (9th ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (1972). Dr. Spock's Baby and Child Care (8th ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (1971). Dr. Spock's Baby and Child Care (7th ed.). New York City: Pocket Books.


Spock, Benjamin; Robert Needlman (1967). Dr. Spock's Baby and Child Care (3rd ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (1966). Dr. Spock's Baby and Child Care (2nd ed.). New York City: Pocket Books.

Spock, Benjamin; Robert Needlman (1965). Dr. Spock's Baby and Child Care (1st ed.). New York City: Pocket Books.
### 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
- Conscientious parenting
- 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
- Play dates
- 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
- Child exploitation
- 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
- Disenfranchisement