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 20th 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.[3] Spock emphasizes in his book that, above all, parents should have confidence in their abilities and trust the "trust yourself. You know more than you think you do."[4]

HISTORY

CHILD CARE BEFORE SPOCK
although Spock's reputation has changed over time, Spock continued to be a leading authority on child care until his death. In 1990, time, the widespread move to the suburbs broke up families, increasing parents' reliance on experts' advice over grandparents' advice. He has so 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."

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 of growth, allowing 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 arrange the house and prevent accidents with a "wandering baby.

Spock emphasized 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.

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, however, continued to defend himself, saying he had always believed in firm leadership by parents.

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, seeking useful ways to implement Freudian philosophy into child-rearing practices, Spock would try out his advice on patients and their mothers, continuously seeking their response. He contradicted contemporary norms in child care by supporting flexibility instead of rigidity and encouraging love for children by their parents.

Although Spock was approachable 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. By the fourth edition, Spock adapts to society's shifting ideas of gender equality, especially after the rise of the counterculture of the 1960s. He warns against praising girls only on their appearance and notes the sexism present in a household with topics such as preparing for the baby, toilet training, school, illnesses, and "special problems" like "separated parents" and "the fatherless child." Spock clarifies in his manual that while parents should respect their children, they also must ask for respect in return.

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, his colleagues have continued to update and refine his advice to keep pace with changing times and medical advances.

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 practice popularized by mentions in household magazines and famous television shows, such as "Infant Care pamphlets distributed by the U.S. government, warned against "excessive" affection by parents 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.

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. Mothers appreciated that Spock was not condescending in his writing with topics such as preparing for the baby, toilet training, school, illnesses, and "special problems" like 'separated parents' and 'the fatherless child'.

By the mid-1980s, 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 a pediatrician with a psychoanalytic background, and they no longer trusted Spock's advice. By 1996, the Common Sense Book of Baby and Child Care was already selling a million copies each year.

Spock was popularized by mentions in household magazines and famous television shows, such as "The Today Show". He quickly became a household name in the 1950s and is frequently credited with revolutionizing child care in the 1940s and 1950s. Prior to this, rigid schedules permeated pediatric care. Influential authors like behavioral psychiatrist Dr. Spock's Baby and Child Care.
NOTES


Parenting

Types

Adoptive | Alloparenting | Complex family | Coparenting | Foster care | Kunderatur | LGBT | Maritifodal family | Nuclear family | Orphaned | Shared | Single parent | Blended family | Surrogacy | In loco parentis

Theories - Areas


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.