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.[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 emphasized 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.”[4]

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.[5] Watson, Holt, 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.[6]

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
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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. [34]

The fifth edition, published in 1968, was greatly expanded and had been hailed as a “modern” version of Spock's original work. The sixth edition, published in 1979, was heavily revised to reflect the changing attitudes towards parenting and child care. The seventh edition, published in 1999, was the last to be written by Spock himself, and it reflected his changing views on nutrition and child care. [37]

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Nuclear family | Orphaned | Shared | Single parent | Blended family | Surrogacy | In loco parentis


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 | Play date | 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 | Chilenhood effect | Incel | Narcissistic parent | Parental abuse by children | Parental alienation

Legal and social aspects: Cost of raising a child | Marriage | Parental responsibility | Deadbeat parent | Paternity | Disenfranchisement
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. 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 Da Vinci 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 Benjamin Spock’s The Common Sense Book of Baby and Child Care is one of the best-selling books of the twentieth century, selling 500,000 copies in the six months after its initial publication in 1946, and 50 million by the time of Spock’s death in 1998. 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.