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 Infant 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 to "train a child at an early, specific age." Watson, Holt, and other child care experts obsessed over rigid adherence to feeding and bowel movement schedules, ignoring the emotional needs of the infant. However, Spock believed that irregularities in feeding and bowel movements were causing diarrhea and other 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. Nevertheless, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection. Spock emphasized that ultimately, the parents' "natural loving care" for their children is most important. He contradicted contemporary norms in child care by supporting flexibility instead of rigidity and encouraging love for children by their parents. Spock was popularized by mentions in household magazines and famous television shows, such as Life magazine. Skepticism of his work increased, especially among colleagues, who criticized Spock for not being a serious academic researcher and relying too heavily on anecdotal evidence in his book. By the late 1960s, Spock faced widespread criticism for condescending to overly permissive parenting style. Many commentators blamed Spock for helping to create the counterculture of the 1960s, and in 1970, the world was shocked when Dr. Benjamin Spock...breathed humanity and common sense into child-rearing." Watson, Holt, and other child care experts believed that irregularities in feeding and bowel movement schedules were causing diarrhea and other diseases seen among babies in the late nineteenth and early twentieth centuries.

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 Infant 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 to "train a child at an early, specific age." Watson, Holt, and other child care experts obsessed over rigid adherence to feeding and bowel movement schedules, ignoring the emotional needs of the infant. However, Spock believed that irregularities in feeding and bowel movements were causing diarrhea and other diseases seen among babies in the late nineteenth and early twentieth centuries.

Further, 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. Nevertheless, these experts recommended kissing children only on the forehead and limiting hugs or other displays of affection. Spock emphasized that ultimately, the parents' "natural loving care" for their children is most important. He contradicted contemporary norms in child care by supporting flexibility instead of rigidity and encouraging love for children by their parents. Spock was popularized by mentions in household magazines and famous television shows, such as Life magazine. Skepticism of his work increased, especially among colleagues, who criticized Spock for not being a serious academic researcher and relying too heavily on anecdotal evidence in his book. By the late 1960s, Spock faced widespread criticism for condescending to overly permissive parenting style. Many commentators blamed Spock for helping to create the counterculture of the 1960s, and in 1970, the world was shocked when Dr. Benjamin Spock...breathed humanity and common sense into child-rearing." Watson, Holt, and other child care experts believed that irregularities in feeding and bowel movement schedules were causing diarrhea and other diseases seen among babies in the late nineteenth and early twentieth centuries.

According to the New York Times, the widespread move to the suburbs broke up families, increasing parents' reliance on experts' advice over grandparents' advice.
NOTES


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

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

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

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 | Disownment

Experts

Tanya Byron | Rudolf Dreikurs | David Elkind | Jo Frost | Haim Ginott | Thomas Gordon | Alan E. Kazdin | Truby King | Annette Lareau | Penelope Leach | Madeline Santor | William Sears | B. F. Skinner | Benjamin Spock

This article was sourced from Creative Commons Attribution-ShareAlike License; additional terms may apply. World Heritage Encyclopedia content is assembled from numerous content providers, Science and Technology Research Act (FASTR), Wikimedia Foundation, Inc., Public Library of Science, The Encyclopedia of Life, Open Book Publishers (OBP), PubMed, U.S. National Library of Medicine, National Institutes of Health (NIH), U.S. Department of Health & Human Services, and USA.gov, which sources content from all federal, state, local, tribal, and territorial government publication portals (.gov, .mil, .edu). Funding for USA.gov and content contributors is made possible from the U.S. Congress, E-Government Act of 2002. Crowdsourced content that is contributed to World Heritage Encyclopedia is peer reviewed and edited. By using this site, you agree to the Terms of Use and Privacy Policy. World Heritage Encyclopedia™ is a registered trade...
CATEGORIES

CHILD CARE

ENCYCLOPEDIA ARTICLE

Education, Parent, Early childhood education, Child development, School

READ MORE

TOILET TRAINING

ENCYCLOPEDIA ARTICLE

Urination, Africa, United States, Toilet paper, Toilet

READ MORE

SUGGESTIONS

BENJAMIN SPOCK

ENCYCLOPEDIA ARTICLE

Pediatrics, Vietnam War, Love, Psychoanalysis, Rowing at the Summer Olympics

READ MORE

STEVEN PARKER

ENCYCLOPEDIA ARTICLE

The Common Sense Book of Baby and Child Care, Steve Parker (defensive end, born 1956), Steve Parker (defensive end, born 1959), Steve Parker (writer), Shirley MacLaine

READ MORE

LIMBIC RESONANCE

ENCYCLOPEDIA ARTICLE

Limbic system, Brain, A General Theory of Love, Nervous system, Empathy

READ MORE

1946 BOOKS

ENCYCLOPEDIA ARTICLE

1946 In Literature, Foundations of Algebraic Geometry, Setting (fiction), A History of Philosophy (Copleston), A Little Yes and a Big No

READ MORE
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.
The Common Sense Book of Baby and Child Care. Benjamin Spock M. D. 4.0 out of 5 stars 7. Paperback. $26.66. The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby. William Sears.â€”Dr. Benjamin Spock was the most trusted and most famous pediatrician worldwide; his reassuring and commonsense advice shaped parenting practices for half a century. The author of eleven books, he was a political activist for causes that vitally affect children: disarmament, day care, schooling, housing, and medical care for all. Dr. Spockâ€™s Baby and Child Care has been translated into thirty-nine languages and has sold more than fifty million copies worldwide since its first publication in 1946. Please visit DrSpock.com for more information.