



## Baby and Child Care

*Benjamin Spock, Robert Needlman*

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**Baby and Child Care** Benjamin Spock , Robert Needlman  
THE CLASSIC THAT CONTINUES TO GROW WITH THE TIMES!

For over sixty years, parents have relied on the expert advice of renowned pediatrician Dr. Benjamin Spock. But while children never change, issues and concerns do. Dr. Robert Needlman, himself a top-notch pediatrician, has newly **updated and expanded** this timeless classic to speak to any parent who is raising children in our rapidly changing world.

While still providing reassuring advice on age-old topics—such as caring for a new baby, as well as accidents, illness, and injuries—this book also contains expanded information in many new areas, including:

- Cutting-edge medical opinion on immunizations
- Obesity and nutrition
- Cultural diversity and nontraditional family structures
- Children's learning and brain development
- The newest thinking on children with special needs
- Environmental health
- Increasingly common disorders such as ADHD, depression, and autism—including medications and behavioral interventions
- Children and the media, including electronic games
- Coping with family stress
- And much, much more! With an updated glossary of common medications and a resource guide that compiles the most reliable online resources, this invaluable guide is still the next best thing to Dr. Spock's #1 rule of parenting: **“Trust yourself. You know more than you think you do.”**

## Baby and Child Care Details

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Author : Benjamin Spock , Robert Needlman

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## From Reader Review Baby and Child Care for online ebook

### Ellee says

This is a book that I read the sections I need when I want to know, rather than reading cover to cover. Unlike some guides, it's arranged topically rather than by age, so skipping around is really a necessity. It gives some great advice and gives a lot of the "whys" of childcare - why shouldn't you save the extra food from the baby jar? Body fluids are sterile to the body they came out of... so what if saliva gets into the rest of the food? Turns out that (here's a reminder from 4th grade science) that saliva breaks down some foods, which when not consumed, causes them to decay faster. Oh, okay - I can accept that. Hearing it from other places just makes those people sound paranoid or that they just want you to spend more money on baby food. So far so good. :) And this book doesn't make you feel slow, stupid, or paranoid. I like that in a parenting guide! :D

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### Annette says

Another book I am reading for the book I am writing. One of my favorite outtakes thus far from this book updated in 1962:

"[A father:] might make the formula on Sunday. If the baby is on a 2 A.M. bottle in the early weeks, when the mother is still pretty tired, this is a good feeding for the father to take over. It's nice for him, if he can, to go along to the doctor's office for the baby's regular visits. It gives him a chance to bring up those questions that are bothering him and that he doesn't think his wife understands the importance of. It pleases the doctor too."

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### Mike Smith says

This is a wonderful book for ALL parents to read. Actually, it's a wonderful book for ANYONE to read, even children. It discusses human development in a way that is useful for those who are guiding a child's development and those interested in their own development - which should be everyone. Most importantly the book is written to educate and encourage, rather than to preach and frighten. It helps the parent approach every situation with the basic knowledge needed. It also gives great resources for further information on specific needs, including children's books that might help at certain moments.

Since the book covers all stages of childhood and all types of children, certain portions may never apply to any one child or family. My strategy was to read the whole book so that I have been exposed to the whole gamut of parenting questions. I certainly won't remember all of the advice, but the general approaches will stick with me and I can go back and understand more quickly as certain situations arise. Besides, I'm sure picking colleges will be here before we know it. And with every question, now I have at least some knowledge so that when questions come, especially when they come from our child, I won't be struck entirely dumb.

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### **Alyce Rocco says**

My mother gave all her daughters, daughter-in-laws, many nieces, then started with granddaughters as they made her a great-grandma, a copy of Dr. Spock's Baby and Childcare. My copy was a much earlier edition than this one.

I referred back to the book many times as my babies matured into toddlers, and so on. I say it was okay, because I never read it cover to cover ~ it got boring.

Many of my peers felt intimidated by the book's advice, fearing they would do something wrong. I do not recall exactly as Dr. Spock said it, but it was what I most remembered and adhered to ~ if we could not remember what to do in an emergency or for illness, to do the first thing we thought of doing ~ which would usually be correct.

That worked for me ~ often I would refer to the book after the fact and learn I had handled things in manner Spock prescribed.

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### **Sarah says**

Except we're reading the 1954 edition. The "in place of a crib, you can place your baby in a bureau drawer or a clothes basket" edition. His take on post-partum depression is pretty good, too. Honestly, it is. Gotta love it. Mostly reading it for fun and because Mom gave it to me. Worked for her. I don't think any of us turned out that horribly. Can't find the chapter where he says it's ok to put netting on top of a play pen (poor Edie!), but I'm sure it's in there.

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### **Kelly says**

Excellent Resource for quick infant/child health info.

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### **Cassidy says**

Awesome Book. Learned A Lot of Stuff I Didn't Know. Great Book For Any Mom.

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### **Dia says**

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## Cindy Pomerleau says

I blog about Postwar America and bought a copy of the first edition (1946) on eBay in order to read the version my mother relied on. A classic. A couple of brief comments:

- 1) The conservative preacher Norman Vincent Peale, in an oft-quoted sermon, blamed Spock's "instant gratification, don't let them cry" approach for the violent demonstrations that occurred during that era. More immoderate commentators went even further, demonizing Spock as being more or less single-handedly responsible for the decline and fall of Western Civilization. This accusation (always strongly rejected by Spock himself), is simply not supported by the book, which can be considered permissive only in contrast with the draconian advice then being offered by contemporary experts to adhere to a regular schedule of sleep and feeding, even if it meant leaving an infant sobbing for hours; and to avoid picking up and comforting babies, which would only teach them to cry more. Dr. Spock expects youngsters to be assigned duties, to put things away, to come to the table when dinner is ready, and to be polite to others. He warns against asking "Do you want to...?" or offering too many reasons when requiring the child to do something. The best description is perhaps the one Spock himself chose for the title of the first edition of his book, "common sense." "Trust yourself," he told young parents, "you know more than you think you do."
- 2) His (first) wife, Jane, whom he divorced after 48 years of marriage, was inadequately recognized and poorly rewarded for her extensive contribution to the book. At what point does transcribing, performing background research, fact-checking, recipe-testing, editing, consulting experts, rewriting, and more cross the blurry line from an acknowledgment, even (belatedly) a generous acknowledgment, into full-fledged co-authorship? Jane always felt she'd been shortchanged, and a good case could be made for her claim.

For a more extensive discussion of these and other issues, please check out my blog post:  
<http://www.projectdiana-eme.com/to-th...>

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## Madhulika Liddle says

Benjamin Spock Robert Needlman – Baby and Childcare

When my baby daughter arrived, advice, much of it unasked for, poured in from friends and relatives. *Buy a pillow for her. Put honey on her pacifier to help her through teething. Give her orange juice. Put her to bed with a bottle full of milk so she doesn't need to get up in the middle of the night to be fed.*

All of which, thanks to *Dr Spock's Baby & Childcare* (9th Edition, with Dr Robert Needlman), I managed to discover – well in time – to be bad for baby (the honey on the pacifier and the milk through the night are surefire ways of causing tooth decay, even before baby's teeth are out; the pillow can be the cause of Sudden Infant Death Syndrome; and orange juice is not recommended for children below a year of age).

This parenting book, first published in 1945, has been the more-or-less definitive baby and childcare book for so many decades, it's become almost iconic. My mother bought her copy back in 1967 when my sister was born, and swears by it. So, when a friend gifted this to me in preparation for *my* baby, I read through it, cover to cover. Of course, it's basically a reference book – you can dip into it at short notice to see what to

do if baby suddenly starts hiccupping, or falls from the bed, or doesn't want to feed... and a million other things.

While people who haven't read the book may think it's basically a baby care book, *Dr Spock's Baby & Childcare* is actually much, much more. This edition, vastly revised and updated by Dr Robert Needlman, covers everything from pregnancy to starting college – basically, the entire journey from womb to leaving the nest.

The book is divided into six sections: *Your Child, Age by Age* contains detailed information about how the physical, emotional, and mental development of children, touching on everything from diapering to toilet training, sleep issues to puberty to strategies for dealing with teens. *Feeding and Nutrition* is the second section. The title is self-explanatory, as is that of section III, *Health and Safety*, and section IV, *Raising Mentally Healthy Children*. Section V, *Common Developmental and Behavioral Challenges* discusses everything from sibling rivalry to depression, tantrums, feeding disorders, and children with special needs. The last section, *Learning and School*, starts with an explanation of how the brain works and goes all the way to how to go about finding the right college for your offspring.

The book, therefore, covers the gamut of parenting, whether it's the physical and mental aspects, the emotional, or the social. There's just about everything here (including a very helpful resource guide with listings of online sources for further guidance and support) you could need to at least get an idea about how to go about being a good parent to your child.

That said, it's not as if *Dr Spock's Baby & Childcare* is the *only* book you'll need. I, for instance, ended up finding out how to exercise a baby or massage a baby to relieve constipation from other sources on the net. Also, since the book is very US-centric, some of the contents (the resources listed, for example) are not much use to people in countries very different from the US.

Still, all in all, a dependable book to have on your shelf if you have a kid or are about to have one.

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### **Brandon O'Neill says**

We've read though the chapters on pregnancy. Now I guess it is almost time for the infant section. Yikes!!

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### **Susan Baranoff says**

Probably the most important book in my library for the first 10 years of my kids' lives. It was the book to turn to when they had spots or fevers or just would not go to sleep.... Dr. Spock always gave common sense advice. The reference guide to symptoms in the back was invaluable more than once in answering the huge question every new parent has -- it is 2:00 in the morning - "should I call the doctor for this, or can it wait until morning?"

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**Nicoleta says**

Lini?titare în privin?a depresiei ?i a greut?ilor de început.

T says

This handbook is meant as a reference so I focused only on a few topics that might help me learn how adult personalities/habits/behaviors are shaped by childhood influences.

Best learning happens when babies are presented with a relaxed, supportive, nurturing environment, not by cold, forced, unwanted, unnatural facts (like flashcards).

Downside of overacademic approach: interferes with play (way they learn, develop social skills, spark creativity).

When they love what they learn, they remember it longer.

Thinking develops in stages; don't rush the process by skipping phases.

Read to babies. They enjoy the sound and feeling of being held.

Foster love for stories by reading them aloud, and talk about them to spark interest. Pay attention to everyday signs and labels that are interesting and important.

In a good preschool, there are different areas for children to explore different interests.

School teaches skills to kids and how to get along in the world. Various subjects are means to an end.

Mental capacity is one aspect of a person. Balance it with empathy, compassion, common sense, respect for others.

No use in learning a lot if you're not happy, can't get along with people, etc.

One way that children learn independence is by taking risks: fosters skills, self-esteem, and judgment.

Sports: teach sportsmanship, teamwork, tolerance.

Sex awareness starts when children see how parents get along with and take care of each other (how kind/helpful/respectful), attitude about different genders.

## Heba Albaba says

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