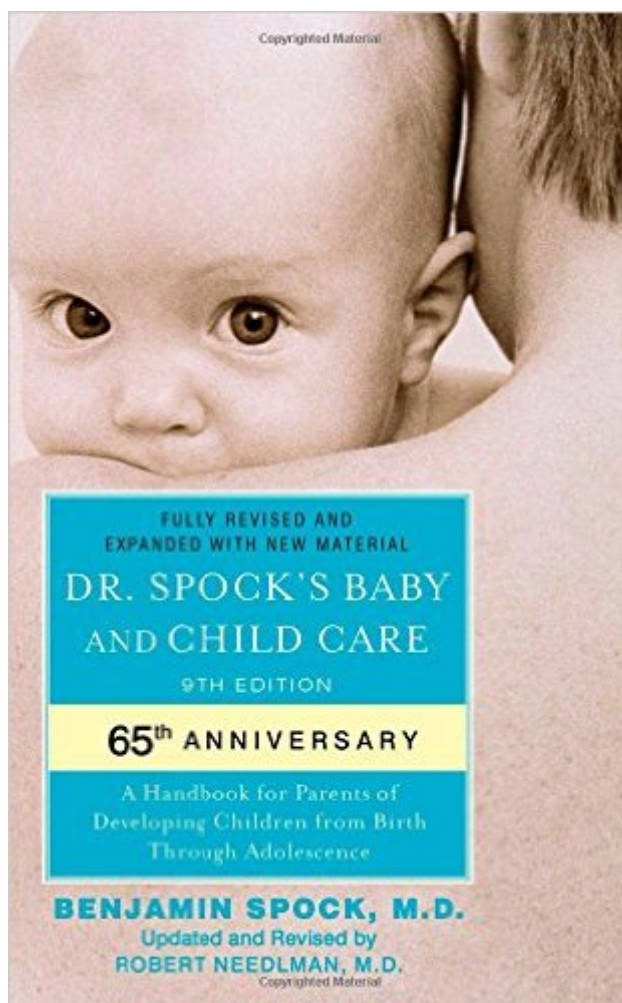


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Dr. Spock's Baby And Child Care: 9th Edition



Synopsis

Dr. Benjamin Spock is America's most trusted name in child care and parenting, and his essential guidebook has topped bestseller lists for over sixty-five years. This fully revised and updated edition of the classic manual provides first time and experienced parents the best information about caring for new babies, toddlers, and adolescents in the twenty-first century. All of Dr. Spock's invaluable, time-tested advice is here, along with the most current medical practices and advances in health care. While still covering key parenting issues like accidents, illnesses and injuries, this edition of the classic also contains the latest on:

- * Immunizations
- * Nutrition and childhood obesity
- * Cultural diversity
- * Alternative and non-traditional family structures
- * Children's learning and brain development
- * Raising children with special needs
- * Environmental health
- * Increasingly common disorders such as ADHD, childhood depression, and autism
- * Including medications and behavioral interventions
- * Children and the media, including screen time, video games, and the internet

Updated by leading pediatrician Robert Needlman, the book includes a revised glossary of common medications and a resource guide that compiles the most reliable online resources. This indispensable 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."

Book Information

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Customer Reviews

Doctor Spock's book has been around for ever, but it's still the best comprehensive childcare book. There's no judgement to it (unlike a lot of other books that seem to have strong opinions about breast feeding, etc) and simply gives the information new (and experienced) parents need. I

definitely think every new parent should read this book, if only to remind themselves: "Trust yourself. You know more than you think you do."

As a psychologist I am always interested in new parenting books. But I was unprepared for the paradox of the latest Dr Spock book - an absolute page- turner with a strangely calming, soothing effect. What was this? Maybe it had always been thus. According to my father, my mother was always rushing to Dr Spock for me, her first born. The readability stems in part from the use of well-written, plain English - no jargon and no condescending tone to parents or children. The authors come down equally on both sides, yours and your child's. And the practical and medical advice on topics such as constipation, include levels of explanation that often get skipped over, yet are essential for understanding and solutions. Similarly, any of the psychological advice stems from a thorough understanding of the developmental tasks of each age and stage, while considering the various cultural and individual nuances of different families. Nonetheless, the authors do not shy away from "do's and don'ts". For example when discussing fears: "It is not your job as a parent to banish all fears from your child's imagination. It is your job to help your child learn constructive ways to cope with those fears" (p191). Sound how-to-do-it advice follows. This important book not only fulfills its promise that you'll trust that "you know more than you think you do", but you will have been respectfully taught a lot that you didn't.

I first ordered the mass market edition and was so upset by it. The pages are so narrow, the writing is so crowded and goes right up to the binding, the book is so fat it seems like it will fall apart if you try to read it. I exchanged it for the regular paperback edition and am fully satisfied. The content is great and now I can read it easily.

Bought the book for some good friends who just had their first child. After reading it, they breathed a sigh of relief - so many concerns they had were answered and now they can't live without the book. It takes you through all the really critical and important stages in a baby's new life. It is a real treasure. Thank you Dr. Spock!!

Our baby is only 2 weeks old now, and I read only 10% of the book. Thus far, the book is very useful, has detailed tips for almost everything, and we were able to find answers for almost every question we had. What I like the most is that it provides the different opinions in each matter, and a simple (and persuasive) evaluation for each.

Dr. Spock helped me raise my babies fifty years ago, and I downloaded this more recent edition for a refresher course upon the arrival of my great-grandson. Good, common-sense advice. I was a big fan fifty years ago, and still am.

So far so good. The way I approached this book was to read the reassuring parts in the front then skim through the practical parts for pregnancy and baby's first year. My mother in law used the Dr. Spock book to raise my husband and he came out a wonderfully compassionate, kind, respectful, and loving person - so I hope I can do the same!

I would not recommend this book if you are looking for a good read on Dr. Spock's teachings. Dr. Spock's name is only listed as a way of cashing in for the author, as, at most, only 1% of the book covers Dr. Spock's teachings, and those are only small excerpts. I was very disappointed about this and definitely felt cheated as I would not have noticed or purchased this book otherwise. This is not a book that you sit down and read from cover to cover on child rearing, but is rather a book that you turn to when you have a specific issue, as it is far too detailed and covers a lot of ground that is simply common sense.

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