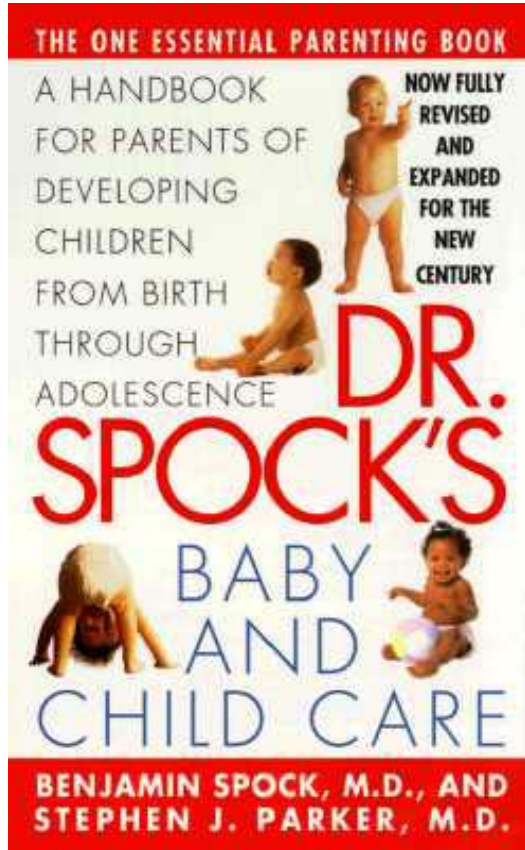


## Book of The Century



Benjamin Spock, M.D. and Michael B. Rothenberg, M.D. (1946/1992). *Dr. Spock's Baby and Child Care*, 6th Edition. Fully Revised and Updated For The 1990s. Dutton Publishers. New York.

The bible for child rearing first published in 1946. Translated into thirty-nine languages and has sold forty million copies worldwide since its first publication.

### Additional Commentary

On Circumcision: I feel there's no solid medical evidence at this time to support routine circumcision. Some parents may choose circumcision for religious reasons. In others cases, I recommend leaving the foreskin the way Nature meant it to be." (p.233).

On Sleeping: "The habit is usually easy to break once the parents realize that it is as bad for the baby as it is for them. The cure is simple: Put the baby to bed at a reasonable hour, say good night affectionately but firmly, walk out of the room and don't go back. Most babies who have developed this pattern cry furiously for 20 or 30 minutes the first night, and then when they see that noth8ng happens, they suddenly fall asleep! The third night there usually isn't any at all." (p.259).

Drs. Spock and Rothenberg have unwittingly broken the developing emotional-social bond that naturally exists in the mother-infant relationship. The baby learns that crying (its only means of communicating its distress is of no use and gives up. The foundations for later distrust, mistrust, alienation, and depression have been formed before it can even learn the cognitive language of speech. Cross-cultural studies have shown that babies who are highly bonded with baby-carrying during the first year of life and being breast-fed for 2.5 years of age and beyond rarely cry. What happens at night is often determined by what happens during the day. --jwp