



Dr. Spock's The First Two Years: The Emotional and Physical Needs of Children from Birth to Age 2

By Benjamin Spock

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America's favorite pediatrician, Dr. Benjamin Spock has helped two generations of parents raise their kids with his timeless bestseller, *Dr. Spock's Baby and Child Care*. Now, today's parents can rejoice: a new compilation of Dr. Spock's timeless advice is here!

This first-time collection of essays brings together Dr. Spock's insightful writings on connecting with your child's inner life during the all-important early years.

Dr. Spock's The First Two Years covers such topics as:

- understanding your baby's different cries
- helping your little one cope with separation anxiety
- communicating with your baby
- teaching your child about giving and sharing
- the easiest way ever to toilet-train
- dealing with the impact a newborn can have on siblings
- treating the most common ailments

With *Dr. Spock's The First Two Years*, new parents everywhere will return again and again to Dr. Spock for all of their child-rearing questions.

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Editorial Review

From Publishers Weekly

Pocket Books is releasing two companion collections of essays by the bestselling Benjamin Spock, the author of *Baby and Child Care*, one of the most widely read parenting books ever written. Both are edited by Spock collaborator Martin T. Stein. Dr. Spock's *The First Two Years: The Emotional and Physical Needs of Children from Birth to Age Two* guides parents through baby colic, infant fretfulness, diaper rash, spitting-up, choosing a doctor, first foods, ear infections, walking, separation anxiety, toilet training, the dangers of spoiling children and many other challenges. Uninitiated parents will be pleased with Spock's trademark common sense: on contemporary parents' lack of confidence in their own child-rearing judgments, the pediatrician cites young couples' tendency to settle down far from grandparents. This can leave them dependent on experts "who... belittle and condescend to their... readers."

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From Library Journal

These two titles collect for the first time essays that the late Spock wrote for *Redbook* (1985-92) and *Parenting* (1992-98) magazines. They maintain Spock's devotion to the central theme of his advice for parents: simply stated, they should "trust themselves." In *The First Two Years*, he expands on this idea in his reply to the question, "What has eroded so many parents' self-assurance in asking for reasonably good behavior? First is the preoccupation with child psychology, which has filled the shelves of bookstores and created a dozen magazines in the past 30 years." In *The School Years*, our contemporary culture's tendency to overschedule children is addressed. Spock's concern is that it can leave children overly tired and without the necessary time for friendships; however, the children he interviewed noted that they enjoyed the activities they were allowed to select for themselves. *The First Two Years* belongs next to Penelope Leach's *Your Baby and Child: From Birth to Age Five* (LJ 11/15/97) and Arlene Eisenberg's "What To Expect" series on library shelves. *The School Years* should sit alongside Louise Bate Ames's books. Edited by Stein, who worked closely with Spock on the seventh edition of Dr. Spock's *Baby and Child Care*, these works are sure to circulate continuously owing to Spock's illustrious reputation and commonsense approach.

Recommended for all public libraries. [Pocket is reissuing a paperback edition of Dr. Spock on *Parenting: Sensible, Reassuring Advice for Today's Parents* (ISBN 0-7434-2683-5) to coincide with publication of these anthologies. Ed.] Lisa Powell Williams, Moline P.L., IL

- Lisa Powell Williams, Moline P.L., IL

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About the Author

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. Spock'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.

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The book untitled Dr. Spock's The First Two Years: The Emotional and Physical Needs of Children from Birth to Age 2 contain a lot of information on this. The writer explains her idea with easy approach. The language is very clear to see all the people, so do not worry, you can easy to read that. The book was compiled by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can read more your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice read.

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