

Benjamin Spock

Quotes

Children, People, Baby, Growing Up, Mother, Teacher, War, Parent, Parenting, Jobs, Vietnam, Sex, Mom, Strong, Common Sense, Husband, Spiritual, Men, Country, Mean

Trust yourself, you know more than you think you do.

~Benjamin Spock

I'm not a pacifist. I was very much for the war against Hitler and I also supported the intervention in Korea, but in this war we went in there to steal Vietnam.

~Benjamin Spock

What good mothers and fathers instinctively feel like doing for their babies is usually best after all.

~Benjamin Spock

Without freedom of choice, there is no creativity. Without creativity, there is no life.

~Benjamin Spock

The main source of good discipline is growing up in a loving family, being loved and learning to love in return.

~Benjamin Spock

A human being is happiest and most successful when dedicated to a cause outside his own individual, selfish satisfaction.

~Benjamin Spock

The child supplies the power but the parents have to do the steering.

~Benjamin Spock

Physical punishment teaches children that the larger, stronger person has the power to get his way, whether or not he is in the right, and they may resent this in the parent-for life.

~Benjamin Spock

Can we make a better world for our children? I believe we can, if enough people are concerned and get involved in changing what is

wrong with society.

~Benjamin Spock

Don't be afraid to trust your own common sense.

~Benjamin Spock

Respect children because they're human beings and they deserve respect, and they'll grow up to be better people.

~Benjamin Spock

There are only two things a child will share willingly; communicable diseases and its mother's age.

~Benjamin Spock

It's up to each of us to help create a better world for our children.

~Benjamin Spock

The fact is that child rearing is a long, hard job, the rewards are not always immediately obvious, the work is undervalued, and parents are just as human and almost as vulnerable as their children.

~Benjamin Spock

Happiness is mostly a by-product of doing what makes us feel fulfilled.

~Benjamin Spock

I would say that the surest measure of a man's or a woman's maturity is the harmony, style, joy, and dignity he creates in his marriage, and the pleasure and inspiration he provides for his spouse.

~Benjamin Spock

When women are encouraged to be competitive, too many of them become disagreeable.

~Benjamin Spock

If I could make only one wish for a child, I'd wish him the quality of lovingness.

~Benjamin Spock

The strongest rebellion may be expressed in quiet, undramatic behavior.

~Benjamin Spock

Most middle-class whites have no idea what it feels like to be subjected to police who are routinely suspicious, rude, belligerent, and brutal.

~Benjamin Spock

All the time a person is a child he is both a child and learning to be a parent. After he becomes a parent he becomes predominantly a parent reliving childhood.

~Benjamin Spock

The loving person makes other people feel good, and he is usually a happy person himself. He is able to form strong, long-lasting friendships.

~Benjamin Spock

A boy, by the age of 3 years, senses that his destiny is to be a man, so he watches his father particularly-his interests, manner, speech, pleasures, his attitude toward work.

~Benjamin Spock

Our greatest hope is to bring up children inspired by their opportunities for being helpful and loving.

~Benjamin Spock

Sex education, including its spiritual aspects, should be part of a broad health and moral education from kindergarten through grade twelve, ideally carried out harmoniously by parents and teachers.

~Benjamin Spock

I really learned it all from mothers.

~Benjamin Spock

It's not the words but the music that counts.

~Benjamin Spock

To win in Vietnam, we will have to exterminate a nation.

~Benjamin Spock

Don't take too seriously all that the neighbors say. Don't be overawed by what the experts say. Don't be afraid to trust your own common sense.

~Benjamin Spock

Don't worry about trying to do a perfect job. There is no perfect job. There is no one way of raising your children.

~Benjamin Spock

Biologically and temperamentally... women were made to be concerned first and foremost with child care, husband care and home care.

~Benjamin Spock

Perhaps a child who is fussed over gets a feeling of destiny; he thinks he is the world for something important, and it gives him drive and confidence.

~Benjamin Spock

What is the use of physicians like myself trying to help parents to bring up children healthy and happy, to have them killed in such numbers for a cause that is ignoble?

~Benjamin Spock

I was proud of the youths who opposed the war in Vietnam because they were my babies.

~Benjamin Spock

I was so afraid of being bad and being caught at it.

~Benjamin Spock

People have said, "You've turned your back on pediatrics." I said, "No. It took me until I was in my 60s to realize that politics was a part of pediatrics."

~Benjamin Spock

I've come to the realization that a lot of our problems are because of a dearth of spiritual values.

~Benjamin Spock

In our country today, very few children are raised to believe that their principal destiny is to serve their family, their country, or God.

~Benjamin Spock

I agree today that a man has no business trying to tell women what their characteristics are, which ones are inborn, which are more admirable, which will be best utilized by what occupations.

~Benjamin Spock

I love to dance and I'd love to be saying goodbye to my friends while the band was playing and they were dancing...I want them to remember I was a dancing man in my day.

~Benjamin Spock

Having a good time together is the essence of lovingness and the best means of increasing it.

~Benjamin Spock

How to fold a diaper depends on the size of the baby and the diaper.

~Benjamin Spock

Grandparents have the freedom to see their grandchildren uncritically.

~Benjamin Spock

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