

# There's a baby in my bed!

First Edition

Rosalie Bent

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#### PUBLISHER'S NOTE

*There's a baby in my bed!* is a work of fiction created wholly by *Rosalie Bent*'s imagination. All characters are fictional and any resemblance to any persons living or deceased is purely by accident. No portion of this book reflects any real person or events.

Cover,  
Art Director, Blake Stephens

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Las Vegas, Nevada  
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*“‘Littles’ are up against a cultural bias. This bias is so ingrained that it has become invisible. Square pegs won’t fit in round holes, but why do we presume that this is the peg’s fault? Why is it the peg’s fault for being square, and not the hole’s fault for being round?” – by BitterGrey*



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## FOREWORD

Long ago, back in the Dark Ages of information – prior to the Internet – Adult Babies were very much alone. Indeed, most of them, be they Adult Babies, Teen Babies, Diaper Lovers, Little Ones or Regressives believed that they were *literally* alone; the only person on the entire planet with feelings and desires like theirs. They were isolated, secretive and hidden from public view and cut off from sharing their inner selves with others, but the early 1990s and the advent of that most ubiquitous of communication mediums, changed all of that in dramatic fashion. Suddenly, Adult Babies found other Adult Babies. Websites sprung up to connect long disenfranchised individuals with whole communities just like themselves.

Now of course, we know that the Adult Baby and associated groups are not alone at all, numbering in the tens of millions world-wide, but in the middle of all of this new-found connection and openness, there has remained one stubbornly deficient area: *relationships*.

The relationships of Adult Babies with their families, friends and life partners has remained pretty much just as it was in those long ago Dark Ages – poor to non-existent.

This book aims to help resolve some of those relationship problems. It is not primarily for the Adult Baby himself, but rather for his partner and even possibly for family and friends. For most people, the Adult Baby lifestyle and experience is quite literally incomprehensible. From that almost total lack of understanding and empathy, comes anything from dysfunctionality to total relationship failure.

Just as the world has millions of Adult Babies, it also has millions of people who are in a relationship with them and who want to make that relationship work. Many people find that task to be hard, bordering on the impossible. This is not so much from a lack of love or commitment, but rather from a lack of any idea of *how* to make it work. And Adult Babies themselves are really no better.

There has to be a way to have an working adult relationship with an Adult Baby! And now there is.

If you are ready for a wild ride and come with an open mind and an accepting heart, it *can* work. It will be odd, frustrating, eye-opening and yet strangely rewarding and you never know, you may even find that you *enjoy* it!

Here's to the great journey of discovering the inner world of *your* Adult Baby...

# SECTION ONE – INTRODUCTION

## About this Book

This book is designed specifically for the partner of a regressive Adult Baby or similar Little One. In these pages are the clues, concepts and skills that you will need to forge a good relationship with the person you love, but don't really understand that well. It is a struggle for most partners to come to grips with a behaviour that seemingly *makes no sense*. This book not only attempts to make sense out of it, but to also find a way that will make it easier for you and the parent to deal with and perhaps even be pleasurable to you both.

The book is divided into seven sections:

1. **Introduction** – why we are here and what we hope to accomplish.
2. **Information** – finding out as much as you can about what regression actually is, who Adult Babies are and how it all came about.
3. **Identification** – how to work out who your Little One is and how to describe his various aspects and needs.
4. **Communication** – how to talk to and communicate with your partner, no matter if they are regressed or not and what to expect.
5. **Interaction** – how to work and play with your Little One and how to safely and effectively integrate regression into real life.
6. **Modification** – how to help your Little One behave better and more appropriately and for you both to gain more enjoyment and satisfaction from regression.
7. **Summary** – how to put it all together and achieve a functioning and enjoyable Parent/Child relationship.

You may find this book confusing at times and difficult to comprehend, as you have a whole lot of probably new concepts thrown at you. Stay with it! The good part is at the end, when we put all the information and concepts together, and try to build a long-lasting and effective relationship out of the regressive behaviours that frustrate you now.

The best way to approach this book is to read it right through once and then start all over again. It will make much more sense the second-time through. A good idea is to use a notebook to make comments on the parts you find important and those ones which you want to work on or refer to later.

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*Not everything here will apply to you and your particular situation. The one thing you will learn very quickly is that all Littles are different. They are individuals – as are you. So don't be surprised to come across material that has no relevance to your circumstances whatsoever.*

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**NOTES ON TERMINOLOGY:** This book is *entirely* about adults and is in no way meant to infer any involvement of biological children either in participation or as observers. In every case in this book, any reference to 'child', 'infant' or 'toddler' is referring to an ADULT version of this age-group through regression or age-play. Any reference to *actual* children will always be prefaced by the word 'biological', as in 'biological child'. Do not misinterpret anything being written as to apply to underage children in any way.

**NOTES ON GENDER:** throughout this book, I will refer to the Little One as 'male' using pronouns such as 'him' and 'his' etcetera. This does not imply that all Little Ones are male, as they aren't. I do so simply for consistency. If your Little is female then just replace the pronoun in your head as you read and if your Little is an adult male, but a Little female then it's up to you!

**NOTES TO BIOLOGICAL PARENTS:** You may have picked up this book because you have, or suspect that you have, a child who is regressive or is perhaps a Teen Baby. While this book is not really suited to your situation, you may gain some insight into what your child is thinking and doing in the early chapters and this could be of enormous value. Please be aware however, that none of the practical suggestions given in this book apply to your situation. They are written exclusively for the adult couple. The very best you can do for your child is to love and accept them and to understand, that at the very core of this, is a desire to be true to themselves.

**NOTES TO COUPLES:** This book uses the traditional male-female couple for its examples with the male as the Little and the female as the Parent. This is for convenience only, although it represents the majority of real-world Parent/Child relationships. There are many non-traditional couples, including gay and even polyamorous couplings and there are certainly many variations on the theme. You will need to make the transition from the text's examples dependant on your own circumstances.

## The Journey

Many thousands of years ago, an ancient race found themselves in a terrible situation that was not of their own making. The land they were living in no longer accepted them and indeed, treated them as slaves. They had to leave their previously safe home, because they now had no choice. Everything had changed around them.

The solution was to take their rag-tag community and forge a whole new life for themselves in a foreign land a long way away. But to get there, they had to cross an enormous desert with few skills, few provisions and a multitude of enemies in their path. It took them a long time to cross that desert and in the process, they had to learn a lot of very hard and difficult lessons. Forty years later, that rag-tag community had become a cohesive and powerful nation that marched out of the desert and into their 'Promised Land'.

The journey you have ahead of you is similar in many ways. The partner you married or live with, seems to have changed. In a situation 'not of your own making', you have a dilemma in how to relate to, and deal with, your Little One. You may even be unsure if your partner is a Little One or not. Or he may be a Little One that you know about, yet don't understand or know how to relate to. This is all part of your journey.

It may be that both of you may want to move to some kind of Promised Land where you feel safe and secure; where you understand each other and can easily navigate the unusual dynamic of a partner who is both an adult and a child.

The Promised Land you are seeking does not flow with milk and honey. Instead, it flows with love and commitment, adorned with satisfaction and ultimately lined with care and understanding.

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***It is called 'The Parent/Child Relationship' and it is the Promised Land that you are both seeking after.***

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To get there however, you need to traverse a desert of learning and struggle, but, trust me when I tell you that your desert experience won't take you forty years!

### ***The Parent/Child Relationship:***

There is a very special kind of relationship that can exist between a loving couple, where one of them is a regressive Adult Baby, or what I call Little One. Rather than something to be feared, it is in fact an aspect that can greatly enhance and build the relationship.

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***It is what I call the Parent/Child Relationship and it is where you have a deep, meaningful and substantive relationship, not just with your adult partner, but also with their Inner Child as well.***

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I understand that at this stage, this may all sound confusing and scary, but the truth is, that by relating to the Inner Child as you currently do to the adult, you will build up and strengthen your relationship significantly. On its own, the regression can harm and even destroy relationships, and I am sure most readers of this book will have experienced at least some measure of that. By developing a *genuine* relationship with the Inner Child or Little One, you not only disarm this destructive force, but you also co-opt it into building your own relationship into something even stronger.

The Parent/Child relationship operates at two basic levels. In the primary level, you will relate to your partner as adult to adult, just as you do right now. The secondary level is where you relate to the Little One as a child, with you as their parent. This sounds intimidating and scary and perhaps it is both, but the outworking of this is that it will remove the stress in your partner and in your relationship that you are currently experiencing and in its place, build a strength and security which is not easily broken. This entire book is about helping partners discover this relationship and to then enhance it for their mutual benefit.

### ***The Desert Experience:***

It is unfortunately a truism, that life's big challenges and successes are all prefaced by some period of time in the metaphorical desert: a time of lack, stress and seeming failure. But what the desert experience teaches us is skills, self-belief and a determination that can be learned nowhere else. Success is always preceded by time in the desert. Are you ready for your own desert experience?

There is no sand, sun or flies in this desert and you won't need to use a camel, but there will be times when you will wonder just what you are doing there! The true pinnacle of human experience is not standing on Mt Everest or landing on the Moon or other such dramatic and exciting events. Rather, it is the experience of a relationship with another person which grows and develops to such an extent that 'two have become one'. In a world that is intent on personal rights and personal experiences, the notion of the 'soul mate' is bandied about often, yet never really understood. Your partner is different. How different is something you may or may not yet know. He is regressive. He is an Adult Baby or a Little Kid, but more importantly, he is your *partner*.

Very few couples ever really achieve this 'soul mate' status and that is in part, because they don't really know each other as intimately as they wish. If there is one aspect of the Parent/Child relationship that is truly unique, it is the depth of interaction that can eventuate from it. Within a functioning Parent/Child relationship, there can be a level of communication between two souls that can be truly unique and exquisite.

A physically young child looks upon his parents as omnipotent and omniscient. He adores them and wants to do everything he possibly can for them. The biological parent views their child

as a gift from God – a truly remarkable creation they have been given to mould and develop, and to whom they can give their unswerving love and affection.

You and your partner have the opportunity to have all of that, as well as the power and commitment of a wonderful adult loving relationship. Rather than treat regression as a curse, it should be treated as an opportunity to have a relationship that combines the very best of both worlds, something that very few will ever get to experience.

If you are ready to work through the trials, the lessons, the successes and the failures, you will find your desert experience a hard, yet delightful time. Are you ready for some trudging in the sand with me?

### ***Keeping a Journal or Diary:***

It is of enormous value for you, as a new or prospective Parent of a Little One, to be keeping a regular journal of the journey you are taking with him. It should be totally private and confidential, and thus allow you to be brutally honest about the progress that you are making, or lack thereof. It is your private vent space, your private zone of reflection. As the months and then years go by, you will look back and see the progress you have both made and measure the increased enjoyment you are now getting.

Like any journal, it should record what you did, what you learned, how you felt and what you plan to do in the near future. By being absolutely confidential, it allows you the space to be angry, frustrated, pleased and confused.

Let it be your own space and start it today – before you read this book.

### ***The Journey ahead:***

Let's start by celebrating the journey! It's a great place to be and it's a good attitude to have, especially when for many, there may be no other viable choice than to go on the journey!

First of all, let me explain the term 'Little One', which I use extensively in this book. It covers all of the various names for adults who regress to any age, from infant to pre-pubescents. I talk about the various subcategories later on, but for now, 'Little One' works well as a general term.

Let me outline the big stages in our journey together:

- 1. Information:** the first key to being a better parent is information: 'just what is this?'. This section explains regression, infantilism and other questions you may have in simple, yet expansive terms, so that at the end of this section, you will know a great deal more about what regression is and more importantly, isn't.
- 2. Identification:** You *must* know your Little One intimately. You need to identify exactly who he is, how old he is and his name(s). You *must* accept that he exists and treat him as an individual. You also need to know what *kind* of Little One he is. What does he like or dislike? What can he do and what can't he? What are his fears and hopes? If you don't or won't identify him correctly as a Little One, apart from the

adult, then you will probably fail at obtaining and maintaining a good Parent/Child relationship with him.

3. **Communication:** It is true of all relationships that communication is the oil which keeps the engine turning over without seizing up. You obviously *must* talk with your adult partner, but you must also talk with your Little One. You must talk regularly, both at the trivial level as well as at the deep level. You need to discuss deep needs with your Little One, but also discuss boring day-to-day things. You need to communicate with him at his 'age level' even if this means by playtime and drawing. If you refuse to communicate with the Little One in a substantial and regular manner, you will doom the Parent/Child relationship to wither and die before you even commence.
4. **Interaction:** When you interact with your Little One, you both acknowledge his existence and automatically communicate to him that you care. When you play with him at his level, you show that you love him in a very practical way. When you comment on his clothes or change his diaper or give him a bottle, these interactions speak far louder than words. Interaction is at the core of a functional Parent/Child relationship. If you treat the Little One as a piece of furniture or look right through him, you tell him that he doesn't really mean anything to you. Words are one thing; actions another. Only by your interaction do you *truly* prove to him that he is valued and that you care enough to help him along one of the most difficult journeys he will ever face: regression.
5. **Modification:** No behaviour remains the same forever. No behaviour is intrinsically good or bad. As part of a decent Parent/Child relationship, we enhance and expand the good and we try to modify the bad. We discuss how to encourage some things, discourage others and yet allow other behaviours to appear and to flourish.
6. **Putting it all together:** Now you have the knowledge and the keys to making it work, look at how to put it together to forge a Parent/Child relationship that is positive for everyone. We will be seeking to find a sense of *balance* in your Little One's life and by extension, in your adult relationship as well. Balance is and will remain our ultimate goal.

### ***In Summary:***

You didn't ask for this, but then again, neither did your Little One. A true measure of the character and strength of a person, is in their ability to deal with adverse circumstances. Your Little One may be an 'adverse circumstance'. The world will never accept him as a regressive. The world will mainly identify him as a degenerate, a loner or think of him as mentally defective. After not many years, your Little One will feel the same way about himself, unless you help to change his self-image.

You may feel as if you are the one doing all of the changing and making all of the concessions and in the early days, that will be true. As the parent, you will be giving more and compromising more than your Little One will, but you will *both* be putting in the effort. Think of it like having a real baby. In the first couple of years, you give and give and then give some more, but as they get older, the balance slowly shifts and they begin to give back and contribute something to the family. It is the same thing here. Persevere with the process and keep on giving, until you see your Little One able to give back. It won't happen overnight, but it *will* happen.

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*You alone hold the keys to helping your Little One find solace and satisfaction in the hand that has been dealt to him. I hope you have the courage and character to love and help the Little One that has been gifted to you. It will be better than you dared hope, harder than you can imagine and more rewarding than you can possibly believe. All it really takes is love and commitment and a handful of special skills.*

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## SECTION TWO – INFORMATION

Whenever confronting a complex or difficult problem, the first task at hand is always to try and obtain as much information as possible about the problem and then to sift through it all, to try to work out how it applies to your particular situation. The same is just as true here. The level of understanding regarding regression, Little Ones and Adult Babies in the general community is very poor. Even mental health professionals don't understand it very well at all and they are supposed to be the experts!

Before launching into a Parent/Child relationship, it is incumbent upon you to understand exactly what makes your Little One 'tick', or at least have some idea what is going on inside his head. And to a Little One reading this, you also need to be better informed of the facts about yourself. While you almost certainly know a great deal about the topic as it relates to you personally, it is also almost certain that you don't have the perspective or wide vision to see the needs of other Littles or Bigs. Keep on reading and see how much of this you can learn.

This can be a daunting section. A lot of the material may seem incomprehensible and overwhelming at first, but keep on going. It only *seems* daunting, because most people are coming from a very low knowledge base. When you re-read this in a year's time, most of it will be far more understandable and familiar.

It might be worth reading this section twice before moving on, unless you understand it clearly the first time.

## What is Infantilism?

This is a huge topic, so bear with me here. ‘Infantilism’, is the commonly-used generic terminology for the desire that drives the behaviour of Adult Babies, Teen Babies, Adult Little Girls, Diaper Lovers and the various subsets of each of these groups. It is not a particularly helpful term, but unfortunately like so many other mental health terms, it is both accurate, while being hopelessly uninformative and unhelpful. However, it is the term that is commonly used, so let’s start by defining it.

Historically, Infantilism used to be known as ‘Psychosexual Infantilism’, which was a term coined by Freud in his theory of psychosexual development to refer to individuals who had not matured enough into heterosexuality. Clearly, this is a woefully inadequate definition and is no longer commonly used. It also manifestly ignores the fact that infantilism often has totally *non-sexual* beginnings in preschool or preteen children.

The Psychiatrists Bible – the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* – now describes it as ‘Paraphilic Infantilism’ (or autonepiophilia). While this is an improvement, it continues to display the mental health profession’s almost total lack of understanding of Infantilism and its many flavours and variations. So what exactly is a ‘paraphilia’?

The classic definition of paraphilia from the latest DSM is: “*recurrent and intense sexual urges or sexually arousing fantasy generally involving either objects, suffering or humiliation, children, or other non-consenting partners.*”

You can quickly see why this definition is so hopelessly inaccurate and highly offensive. Pseudo-defining infantilists as masochists, paedophiles or rapists is hardly going to be a constructive starting point for discussion. It is a major part of the reason why therapy for infantilism is so rarely sought out and even less successful. Just to re-assure the reader, let me make the forceful reminder that infantilists are no more likely to be paedophiles or rapists than any other segment of the community.

Fortunately, not all professionals agree with this narrow and ludicrous definition of infantilism. Psychologists D. Richard Laws and William O’Donohue state that:

*“Although infantilism is classified as a sexual masochism in the DSM-IV and DSM-IV-TR, it is questionable whether the criteria for sexual masochism are always met. For example, if the infantile role playing does not involve feelings of humiliation and suffering, then the diagnosis of sexual masochism would not be appropriate and a diagnosis of infantilism as a paraphilia [not otherwise specified] is [not] warranted.”*

*[D.Richard laws: Sexual Deviance: Theory, assessment and treatment P402]*

Infantilists are also sometimes referred to as AB/DLs (Adult Baby/Diaper Lovers). This terminology is convenient and very common, but it seeks to include diaper fetishists with infantilists, despite the fact that the only common element is the use of a diaper. They are two very separate behaviours with very different needs and desires and I discuss this in more detail later on.

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***“Infantilism is best described as the behaviour of a post-pubescent person seeking the emotional experience of returning to childhood or infancy using regression and/or other props, such as diapers, to build an authentic experience. Infantilists don’t want to involve children; they want to be a child.”***

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This definition seems a bit cold and inadequate however, but at least it is accurate, if a bit thin on the details. The term ‘infantilism’, is old-fashioned and tends to be misleading for the general community. While some want to regress to actual *infancy*, the vast majority actual play being toddlers. Despite the term Adult Baby being in common use, Adult Toddler would be far more accurate.

I far prefer the term ‘Little Ones’ and is the terminology I will use throughout this book. This term implies that they like to be ‘little’, but without specifying a target age or gender. Nor does it imply a sexual drive or any dysfunctional aspects. Adults in the regressive scenario are commonly referred to as ‘Bigs’ or perhaps ‘Mummy’ or ‘Daddy’.

Littles are everywhere and while labels can be helpful at times, they can also be highly destructive if applied too narrowly. Defining your Little One (or yourself) as either a *psychosexual infantilist* or as a *paraphilic infantilist* is not particularly helpful. Little Ones often have a very poor self-image at the best of times. Pinning these narrow definitions onto them just makes matters worse. Let’s see if we can expand these definitions a little and perhaps make them more attractive.

## ***What is a ‘Little One’?***

A Little One encompasses all of the following terms:

- Adult Baby.
- Teen Baby.
- Adult Infant.
- Adult Toddler.
- Adult Preschooler.
- Adult Kid.
- Adult Little Girl.
- Adult Little Boy.

The following diagram (Fig 1.) shows how these definitions work together:

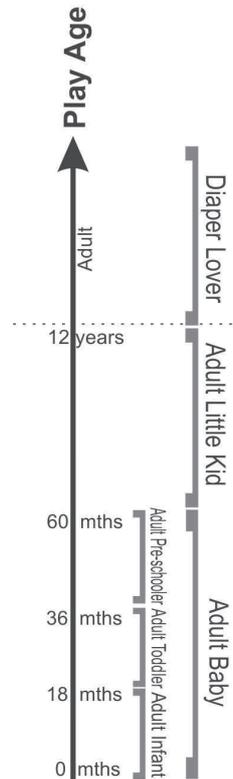


Figure 1

The generic term ‘Adult Baby’ (AB), comprises Adult Infants, Adult Toddlers and Adult Preschoolers and applies to Little Ones who identify as ages newborn to five years. Note that these ages are at best approximate. A Little might say they are six years old, yet still refer to themselves as an Adult Baby or Adult Pre-schooler. These ages and definitions are deliberately flexible, to meet the rather flexible self-image of the average Little One.

For ages five to twelve years, Littles are often known as ‘Adult Kids’, who are made up of Adult Little Girls or Adult Little Boys. In this age range however, Adult Little Girls (or Adult Little Sissies) form the vast majority and the term Adult Kid can also be used synonymously with Adult Little Girls.

You may have noticed that Diaper Lovers (DL) are included on the chart above the dotted line in the 'adult' age range. **This is because Diaper Lovers are not actually age-players or regressives at all.** They are only included here because most people incorrectly combine them with Little Ones. I will mention Diaper Lovers occasionally during the book, but usually to draw a clear distinction between them and Little Ones.

Also note that there is no functional difference between a Teen baby (TB) and an Adult Baby (AB). The only difference is the age of the person who has these behaviours.

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*If you are the biological parent of a Teen Baby and are reading this book, then please take note that the primary focus of the information here is on adult-adult relationships that have a Parent/Child aspect and not on biological parent/child relationships. You are encouraged to read the entire book, but be advised that the practical tips and suggestions do not generally apply to your situation.*

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Little Ones are not dysfunctional by definition. They do however, have a sometimes overpowering drive and need which *can* cause them problems. But then again, who doesn't have a drive or need deep inside that causes them occasional problems? Where the dysfunction generally comes in, is when these needs and drives overwhelm or consume to such an extent, that life itself and its relationships are compromised. This is where this book comes in.

Many Little Ones are actually highly intelligent, very effective (and sometimes very well known) people, who conduct businesses and relationships with a high degree of success. Yet at night, these same people may wet the bed or wear diapers, and in their closets may hang baby clothes and other assorted items. They are clearly *not* dysfunctional. They are however, very different.

Society has a common and disturbing habit of expecting everyone to conform to a common set of ideals and behaviours, while still proclaiming the right to individuality. In a general sense, this is a good thing, as it brings a unity of purpose and a cohesive society. However, if conformity is taken too far, individuality suffers and those who don't fit neatly into society's pre-formed little boxes begin to suffer. Little Ones very clearly do not fit into society's pre-cut definitions of *normal*. The 21<sup>st</sup> century has seen a lot of previously marginalized groups integrated into society as a whole. Adult Babies and Little Ones are however, not among them. Society is still in the process of discovering that they even exist.

While most Little Ones are not dysfunctional, others however, may struggle with the impact of regression and the deep need to wear a diaper and to be a child. At times, it stands in the way of life's natural progress. For some, being Little holds them back from better life outcomes and from good relationships. There is no point in denying this if it applies to you or your partner.

***Part of the true value of the effective Parent/Child relationship is that it has the power to reduce or eliminate the negative aspects of regression, and can in fact, enhance the creativity of the average Little One to greater effect. In short, you can turn the disadvantage of regression into an advantage.***

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Just don't lie to yourself or pretend it is something it is not. It is in facing the *truth* of regression that we find solutions and compromise.

### ***Regression versus Age-Play:***

One of the most important and least understood differences between the various types of Little Ones can be best defined by *when the behaviours and desires first started*. This is probably the most important distinction which can be made. Make sure you understand this distinction, as it is crucial. It is of enormous importance to understand when the Little One first 'appeared' – before or after puberty.

An outside observer watching a group of Little Ones playing at their preferred age, might see no differences between those that began this behaviour as children and those that started as teens or adults. However the differences are huge *internally*.

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***A person who started to want infantile and childish behaviours and objects prior to puberty is known as a Regressive Little One. Someone who began these behaviours after puberty, primarily as a response to the sex drive, is a Fetishist Little One or Age-Player.***

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The following graph (Fig. 2) shows how 'Age of Onset' and the 'Play Age' correlate, using puberty as the all-important change-point.

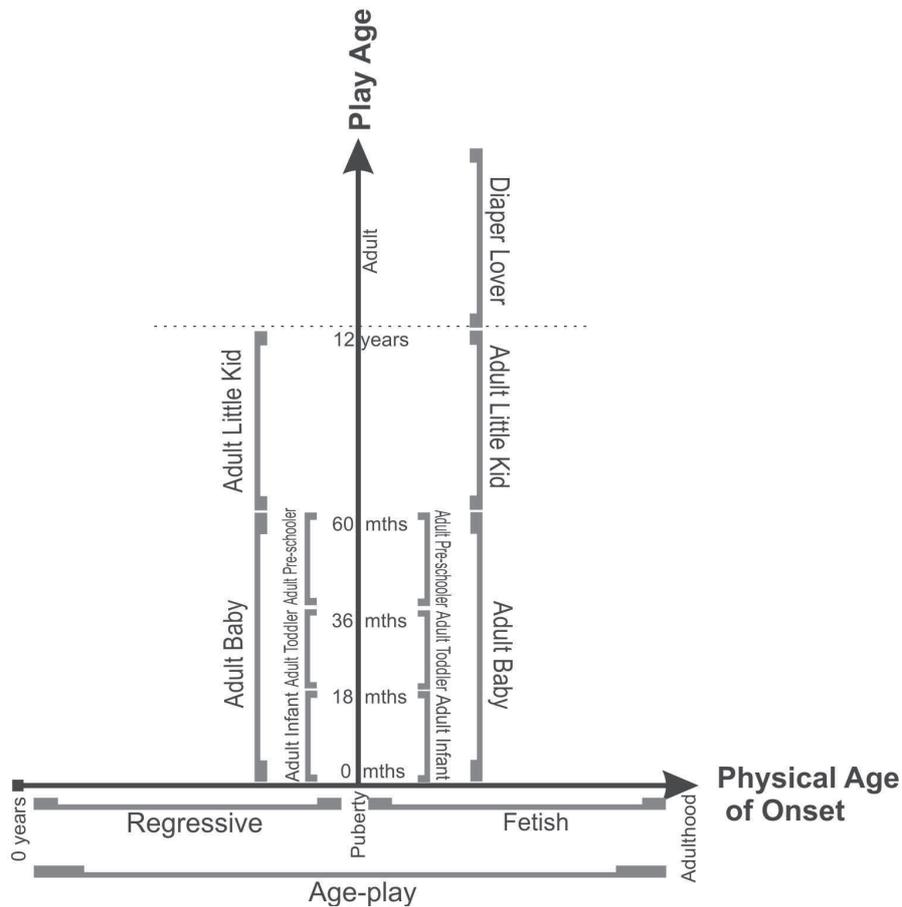


Figure 2

The first thing you may have noticed, is that the Regressive Age-Play side exactly mirrors the Fetish Age-play side. This is deliberate and is done to underscore the fact that while the behaviours *look* alike, the inner experience and motivations are quite different. Looks can be deceiving, and in this case, very much so. You can usually tell the difference between fetish and regressive age-play once you get more exposure to the behaviour. Regressives tend to be more interested in *authentic* experiences, while fetishists are more directed towards sexual experience and fulfilment. But if you just watch them at play, they are very similar.

At the bottom of the graph, I use the all-encompassing term 'Age Play'. While accurate, it can be confusing in this context, since this book is targeted specifically at *regressive* Little Ones.

From here on, the following definitions will apply:

**Age-Play:** fetish-driven age play

**Little Ones/Regressives:** Regressive age-players

While these definitions are not strictly correct, it saves having to write the qualified term ‘regressive Little One’, every time I use it from here on.

Let’s take a look at some of the differences between regressive and fetish Age Play.

- **One of the big differences is one of *choice*.** Fetish Age-Play (Age-play for short), is essentially the *choice* of the person to engage in. Like most fetishists, the desire is under the person’s conscious control. They might not like being denied their fetish and it might create some problems, but it can be controlled. Regressive Little Ones however, find that their needs are almost insatiable and will not be easily denied. One of the biggest problems that Little Ones face, is that their need to be Little often flies in the face of their relationship or other aspects of their lives. The purpose of this book is, in fact, built upon this premise: that **Little Ones cannot go on without this need being met**. Your relationship with your Little One has to build some of this need into it, otherwise it risks failure or diminishment. We spend a lot of time in this book discussing this issue and also giving clues on how to deal with it.
- **Regression rather than role-play.** A Fetish Age-Player *acts* like a child or infant, using typically stylised behaviours and various props. A regressive Little One however, actually *regresses* to a state where they feel that they *are* a child in everything except physical age. It is not a psychotic delusion, but rather a self-image alteration to allow them to think and feel that they are a child. (*Refer to the topic ‘Regression in the Little One’ for more detail on the inner workings of regression*).
- **Regressive Little Ones tend to mirror child-like behaviours** and speech more accurately and in more ways, than Fetish Age-Players. Age Players generally are not after authenticity, but rather an experience that is as approximate or as close as they want. For most Little Ones however, authenticity is a huge goal, just as is seeking to be *identified* as a child. (*Refer to Attachment Objects for more information on Identification*) Typically, a regressive Little One will have more childish behaviours as part of their behaviour than fetishists – not because they need or want them, but because they are unlocking their inner child, rather than seeking to merely imitate one.
- **Sexuality is optionally *added* to the behaviour**, rather than being the central role. Fetishes are by definition sexual, both in origin and in behavioural goals. They are part and parcel of many a post-pubescent’s experience. Little Ones however, are not *primarily* sexual, as the regressive need did not typically originate from sexual needs or desires and began well before the sexual nature was developed. However, at puberty, most Little Ones develop strong sexual desires – just like all of us – and this

aspect of their life is usually *overlaid* on top of their Little nature. Little Ones can be both non-sexual and highly sexual in their play, as they are still hormonally adults, however the primary gratification of a Little One is not sexual, but rather emotional and experiential. This is why orgasm may temporarily end a regressive need, only for it to reappear shortly after, because the need itself is *not* being met. Fetishists *always* seek sexual gratification. Regressives however, seek the *experience* of being a child and sex can be an added, but optional, bonus.

- **Leakage of behaviours from child to the adult.** ‘Leakage’ refers to regressed behaviours that appear in the adult. (*refer to ‘Behavioural Leakage’*). Age-players rarely have problem with their age-related behaviours leaking into normal everyday life, but Little Ones can sometimes struggle with this, particularly if they have no relationship in which to place their Little self.
- **Internal placement of the self into different relational structures** e.g. genuine parenting. This rather confusing sentence simply means that a Little One will usually seek to not simply regress, but to place themselves into a relationship where they do not simply act out being a child, but take the *literal* place of a child, as much as possible. One of the strongest needs and desires of a Little One is to form a Parent/Child or similar familial relationship that extends beyond just the times of regression. Age-players of course do not seek that. They seek age-play, sexual satisfaction and then back to their normal lives. This is the first time I have referred to a Little One’s needs outside of a period of regression. I will refer to this in more detail later.

### ***Dysfunctional Little Ones:***

There are those that maintain that as a Little One, they can do anything they like. This is a very typical childish thinking pattern, which we are all disavowed of very early on. I discuss behavioural boundaries later on, but for now, I want to just bring up the concept of the ‘coercive and non-coercive paraphilia’.

To quote the [idiaper.me](http://idiaper.me) website...

*“...infantilism [or regression] is a non-coercive paraphilia. In the grand spectrum of sexual disorders, the paraphilias that cause the most distress and feelings of guilt or remorse are coercive in nature. This is because in order for someone with a coercive paraphilia (CP) to become aroused, they must involve unwilling participants. Some obvious examples of coercive paraphilias include: sex with younglings (pedophilia), sex with dead people (necrophilia), flashers (exhibitionism), and sex with animals (zoophilia)... Other CPs include: voyeurism (watching someone have sex or undress without their permission) and frotteurism (rubbing up against someone in public).*

*In all of these cases, the sexual activities involved in achieving arousal are illegal because the object of arousal has not given their consent.”*

The nature of a coercive behaviour is one that ‘coerces’ another into the behaviour without their explicit consent. For example, wearing Adult Baby clothing in public is coercive, as it brings others into the orbit of their behaviour without their permission. If a biological child is involved, then it is usually considered *highly* coercive. Overt infantile behaviours such as loud baby talk, crawling or other such actions are also coercive, if done publically. Some Littles will argue that it is *only clothing*, but it is far more than that. I discuss later the *identification aspect* of baby clothes, but in short, wearing such clothing *clearly and obtrusively* defines the wearer as a baby/toddler to the other non-consenting person, or could even define them as a deviant and a danger.

While inviting a stranger to change an adult’s diaper is obviously highly coercive (and stupid), many Little Ones do not understand that exposing a stranger to *any* of their lifestyle without their consent, is intrinsically wrong and coercive. Given that precisely none of his regressive behaviours fit into the general public arena, the Little One is simply *not* permitted to act in this fashion in public. Even using a pacifier in public is coercive, although it is mildly so.

The reason I bring up this topic, is to point out that while Little Ones are not intrinsically dysfunctional, some may still be so. It is just as unhelpful to think that all Little behaviours are good, as it is to believe that all of them are deviant.

In the Identification Section, I discuss a whole range of Little Behaviours, including the aberrant or dysfunctional, and in the Modification Section I discuss how some of these can be eliminated or reduced. It is important that the reader notes that I am not implicitly criticising a Little One’s behaviours, but there are places and times for them. I am saying however, that a few Little Ones have trouble with *some* behaviours and may need help to bring them under control. Is that not one of the very essences of parenting?

## ***How did it all begin?***

This is *the* question all Little Ones ask, and sometimes with a great deal of emotional upset and distress. Being a strongly regressive Little can be limiting and debilitating and many would be glad to be rid of it – if that were indeed an option, which it generally isn’t.

*“How did this happen to me? Why can’t I let it go?”*

The short answer is, that for the vast majority of people, we don’t really know. This book does not intend to go down the path of finding out why regression is part of the personality. It is a long and complex procedure that even if successful, rarely offers much in the way of resolution. This book’s goal is to offer assistance to Little Ones and their partners on how to deal with it all, specifically in the area of relationships.

There are a number of potential causes of regression that have been promulgated and they may, or may not, be accurate. The truth is that there are a great number of triggers that can instil a

regressive nature into a child. The obvious ones are severe trauma and physical and/or sexual abuse. Clear and obvious experiences like these always have a strong impact on the development of the child, but it is also true that the trauma may be a *perceived* one, as much as an actual occurrence.

A child that *perceives* he is not getting enough nurturing from a mother or father can sometimes feel traumatised. They can consequently, develop a strong need for regressive nurturing later on in life, even though the parenting may have been quite adequate. As any biological parent knows, all children are unique and even within the same family there can be wide differences in personality. Typically, the parent treats and nurtures each child in roughly the same manner, yet some sensitive children need far more attention than others and so, from their perception, they were not cared for enough. This is where I believe a lot of Little Ones came from – a place of *perceived* under-nurturing or under-recognition.

One researcher has hypothesised that being toilet trained too early can deny the infant the 'intimate experience and pleasure of being wet'. While obviously not true for many, it does explain children and teens who wet the bed either deliberately or who don't try to stop, as they find it comforting. It is an increasingly common problem that bedwetting, with or without diapers, is remaining present into late teens, without the child being overly concerned about it.

The other side of the bedwetting experience is that some claim their childhood history of extensive bedwetting initiated the regressive need. They comment that while they disliked the bedwetting, they also grew to attach deeply regressive feelings toward it. Eventually, it became a part of their own regression or escape back to childhood, despite finding it unpleasant and uncomfortable.

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***Triggers and objects in regression may not always be pleasant ones. Some may be harsh and unpleasant feelings and memories, yet they can still trigger regression. The thick cloth diaper may evoke painful or humiliating memories, yet still forms a large part of the regressive experience.***

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One regressive was often smacked harshly as a child and early teenager and hated it. However, the humiliation of the event always made him feel Little, as the discipline method was one normally used for much younger children. As an adult, when he regresses, he expects to be smacked by his partner. He does not enjoy the smacks, but unless he receives them, the regression is unsatisfactory. While not overly common, it reminds us that not everything about regression is necessarily comfortable and pleasant.

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***Regression is less about pleasure or pain, but rather about comfort and need.***

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Here is an example of one girl growing up and how the regression was affected by her mother's well-intentioned efforts to stop her.

*"I've been an adult baby since I was a baby! Sound confusing? Well I first remember doing dress up in the attic when I was about six. Oh I did the mommy dress up, wearing her clothes and shoes, but I always gravitated to the box of my old diapers and baby things. As a young adult with hormones raging I was denying any interest in being little. Glad I got through all that madness and came to my senses when I started being a baby again. Sound familiar?"*

*As soon as my parents told me that I couldn't act like a baby any more I knew they were wrong. Surely they thought I was potty trained and such, but I would spend hours in the attic doing dress up in more than just moms things. I loved putting on diapers and just being a baby.*

*At eleven years old my mom caught me. She was never one for being comfortable with things that weren't clearly defined by the protestant church. Her prepubescent daughter padding around in cloth diapers of the previous decade was not something her minister would have an answer for. It was immediately preached to me that I was not a baby any more, this was sick, not for me, and by the way I was grounded. It would have been so much nicer if she had just pulled my diapers down and spanked me. Of course I don't think she would have had any intention to pull them back up. The next day my world of baby things boxes in the attic were gone.*

*I admit I was frightened, angry, and confused. I sucked my thumb for another year or so. They couldn't take that away from me, although my blankie mysteriously kept getting smaller. I got even though. I was a raging hormone mad girl. It had to be the toughest three years of their raising me. No matter what, they were wrong, even when they were right.*

*I kept that longing of being a baby suppressed for a long, long time. I would be transfixed while reading about diaper fetishes, but never able to get past the ingrained guilt. It wasn't until fifteen years ago or so, that I actually allowed myself to try on a disposable. It was if someone had flipped a switch. I felt so calm, complacent, and comfortable. I started 'doing the research' to find an incredible AB/DL community, it was huge, who knew! I loved what I found. I wore diapers for thirty days straight. I kept denying that I was a baby, yet I would pick up toys, baby bottles, sippy cups and pacifiers when I was out shopping."*

[FetLife 2012]

## ***Growth and progression of the Regression:***

One of the big questions that is often asked by Little Ones and their partners alike is, 'where will this lead to'? This is certainly a valid question. Most of us dislike the idea of starting a journey with no idea of the final destination. And when you realise that this journey is a *one-way* trip, the consternation level is even higher. Let's look at one opinion:

*“Paraphilias [such as infantilism] are usually chronic and progressive behaviors. This means that the longer you have a sexual desire that is not properly confronted, the more intense the desires become, and you'll probably always prefer kinky sex to vanilla sex. This **does not mean** that your sexual desires will control and haunt you for the rest of your life.”*

*[iDiaper.me 2010]*

The truth of the matter is that the extent of the regression for a Little One *does* progress over time. The only real choice is *how* this progresses. I know it sounds a bit scary, but it is no different to anything else in our lives – it changes. We get older, weaker, wiser, need more sleep etcetera and yet we all survive it. Handling change in the regression of a Little One is an aspect that we have to deal with. Everything and everyone changes, but there is a real difference between the growth of an *unconfronted or secret* desire and the one that is openly lived out.

*“That which grows in the dark does oft-times grow hideous.”*

*[author unknown]*

What we don't deal with and keep hidden continues to grow, but often this is where the behaviour veers off course and into dysfunction and other significant difficulties, including relational ones. Even if you decide to do nothing more about your partner's regression than to acknowledge and accept it, then you will already make a huge difference to your Little One and to his future. Letting regression grow and expand in the shadows is a recipe for disaster for both of you.

The real question however is: does it *expand* regardless of what you do? And the answer is a qualified *yes*.

The needs and behaviours of the Little are constantly evolving, even if sometimes quite slowly. Different circumstances develop different needs and wants. New experiences alter their feelings and perceptions. In short, like any biological child, your partner is changing. The difference is, that while a biological child *matures*, the Little One generally remains the same basic age. What does change however, is the *expression* of that age. He will add new behaviours, modify others and remove some altogether. He may add crawling to his behaviour, as he discovers a new facet of his regression, or he may discover that bottle feeds no longer meet his needs and he discards them.

You need to be ready for change and sometimes to help deliver it or modify it. Not all change is inherently good and a child cannot always be trusted to have good changes in behaviour. If you participate in his development as a Little, you can guide and interact with him to make it work out for the best, rather than witness the uncontrolled changes that most have.

The unstated question here is, 'will the regression overwhelm us'? In the vast majority of cases the answer is an unequivocal *no*. Most Little Ones are quite emotionally and mentally stable, but with a strong regressive aspect that they need to constantly deal with. However, if you have an obsessive compulsive (OCD) partner or one with other problems, then they could be overwhelmed by regression. In this case though, you are probably already more than aware of this tendency and hopefully helping him to seek treatment for it. In this circumstance, a Parent/Child relationship should be developed very carefully and probably with the assistance of a mental health professional.

There is no reason you cannot enjoy the growth and progression of your Little One along with him. It is change and excitement, whereas so much of our lives are static and predictable. Go on the ride with him as his child-like behaviours and feelings morph and change. By joining him on this journey, you can both help him and possibly enjoy the experience as well.

### ***How many women are Little Ones?***

Up until relatively recently, it was considered that almost all Adult Babies and Little Ones were male. We now know that this is a fundamental inaccuracy, typical of those who consider the internet a source of statistically correct information. While men still appear to be in the majority, it is approximately a 60/40 split, favouring men. One of the big changes in the world of Adult Babies in the last decade, has been the discovery that women can be just as regressive as men.

Women tend to be far more circumspect and hidden about their fetishes and inner regressive natures and so *seem* under-represented, but all of what I have written applies equally to both men and women.

### ***Binge and Purge Cycle:***

A common problem with hidden Little Ones and Adult Babies is the tendency to suddenly throw everything away that is related to their fetish or regression, go cold-turkey for a while, and then suddenly re-purchase large amounts all over again. This is known as the 'binge-purge cycle' and it usually happens many, many times to Little Ones.

This is a regular experience for Adult Babies and Little Ones who just want to 'give it all away', and so they impulsively throw out all their diapers and baby accessories. The problem is that they almost invariably soon regret it, and because their inner needs are still not being met, they now reacquire it all over again in a binge. A far better solution to the purge cycle, is to pack everything away and put it where it is not easily retrieved, even at a different physical address. Then, when the urge returns, there is at least no added expense. An even better idea (and the point of this book), is to come to grips with the inner life of the Little One and to develop a functioning and satisfactory lifestyle that does not want or need to purge in the first place.

## Regression in the Little One

Mild regression is a relatively common experience for all adults at times, where we momentarily regress back to a semi-child-like state or adopt some childish behaviours in lieu of adult ones. This can be as simple as adopting an unnecessarily submissive posture in a conflict or an older teen still using a stuffed toy to sleep with. These are typically harmless behaviours and are just part of the fabric of life, but for the Little One, regression is far more substantial and a lot more detailed. Whereas adult regression is normally just a few aspects of childhood reappearing in the adult framework, such as thumb sucking or submission or irrational fears, Little One regression is more akin to attempting to replicate the entire child experience.

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*A Little One's regression is an attempt to recreate childhood or infancy in its totality and authenticity.*

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Clearly, such a goal is impossible to achieve in a literal sense, as a total child-like state is impossible outside of a total break with reality, which of course no one wants! However, regression can achieve an incredible degree of authenticity for the Little One and especially if it is accompanied by a full set of props and attachment objects (see later on for details), such as a nursery or play mat.

A regressed state is something most Little Ones enjoy and look forward to. The problem for most is that the absence of a partner or 'Parent' severely limits the degree of authentic child-like regression they can achieve. This is because practicality demands that the Little One limit some activities, and as any parent of biological children knows, *sharing* your child's experiences is half of the fun for them!

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*A primary desire for a Little One is an involved Parent.*

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Rather than being a limiting aspect in your relationship, regression can instead be a huge opportunity for you to *identify* your Little One in greater detail and to learn more about him than you can in almost any other way.

## ***Meeting your Little One's true self:***

The reality is that you have probably already seen your partner's inner Little One to some degree or other. When he sucks his thumb without realising it or behaves childishly or deliberately wets his pants or bed, you are probably seeing aspects of his inner child. Sometimes, the eyes can tell you when your wife or husband momentarily drifts away from you, to that *special place* inside.

The full-scale regressive experience however, is something altogether different. It is in this time, that the Little One is freed from the adult confines to a significant degree, and is able to experience a form of semi-autonomy, an ability to think, act and experience life as their regressed age, without the constraints of not only adult *behaviour*, but also adult *thinking*.

It would be simplistic to think of regression as either on or off. Few things in life are ever that simple and when dealing with the mind and human behaviour, it is *never* that simple. Simply put, regression can be anything from a mild behavioural change – such as quietness and submissiveness – all the way down to almost total child-like play and behaviours (including speech), that are virtually indistinguishable from that of a biological child. I discuss these ranges of regression in the next few pages.

A common aspect of deep regression is that the Little One *thinks* as a child. This is the defining difference between regression and role-play. It can lead to the whole array of childish behaviours, such as selfishness, timelessness, crawling, clinginess, crying and even tantrums. This can be quite disconcerting to a partner, but it is important to note the following:

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***During even the deepest regression, your Little One is still essentially an adult and has access to all of those adult abilities and emotions if needed. Choosing to sideline the adult side does not mean the adult disappears, only that it is in the background while the child plays in the foreground.***

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The obvious corollary of this, is that in non-regressed times, the child is there in the background, while the adult is in the foreground. The startling news for you is that the child is *always there*. This can be staggering information to most partners who never really considered the possibility. Let's think about this for a minute so we can understand it a little better.

The 'inner child' concept that is so in vogue in pop culture is actually no such thing at all. That description is no more than simply remembering how to enjoy the simple things of life, to recall the wide-eyed wonder of our childhood days and then to embrace some of it in our adult experiences. In the case of your Little One however, there is a very real inner child that is well-formed and accessible via deep regression.

This sounds scary and perhaps that is justified, but again it is important to realise that nothing has actually changed for you. Your Little One is still the same person before you knew any of this. You are just now more informed, but don't assume that your Little One is all that aware of this either.

Unless he has had opportunity to explore his regressive nature, he may also be unaware of the true extent of his Little One. All he feels is the stress and tension of holding back his Little One inside.

Regression is not intrinsically bad or dangerous, but like so many other aspects of life, regression must be handled responsibly. Your Little One has regressive *needs*. If these needs are not met, then it leads to frustration, anger and other negative experiences. On the other hand, giving carte blanche to these needs on a regular basis, risks taking too much time away from the essential adult experiences of life and thereby diminishing the *whole* of the person. Once again, *balance* is the goal, not elimination. I will refer often to the goal of achieving balance between the adult and Little selves. It is the primary goal of the Parent/Child relationship.

### ***What happens when the Little One regresses?***

If your Little One regresses deeply, it can be a little scary at first, so let's take a good look at what is happening inside. Let's start with one very big, very important observation that you must understand and understand well.

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***There is no actual inner separate personality. Your Little One is not a multiple personality. What is actually happening is that your partner has deep un-met needs and therefore constructs a pseudo-personality that can help meet these needs. The power of an intelligent and creative mind takes a set of behaviours and thinking patterns that are deeply separated from the usual adult patterns and then builds an age, name and a pseudo-personality around these needs and behaviours. Thus a Little One is 'born'.***

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**IMPORTANT: To an untrained observer looking on, very deep regression can appear like multiple personality, but the two are vastly different. Multiple Personality – properly known as Dissociative Identity Disorder – is a rare and very serious and debilitating mental disorder, which should be treated professionally. This is *not* what is happening here.**

Let's take a look at what is taking place internally when regression occurs. The psychological mechanics of a Little One's regression is as follows:

1. A stressor or trigger occurs to begin the process. This may be an event, a sight, a memory or a sudden emotion. It can also be a smell or the presence of a specific object that can trigger regression. It may also take some time to occur. Most adults are aware of the need to regress, but also of their circumstances, which will dictate when and where they can regress. Sometimes however, the inner pressure can build up so strongly that regression can occur very quickly and even spontaneously.

Regression rarely happens just on its own, but rather is the sum of many incidents or stresses building up, until the adult feels overwhelmed and seeks the *known release* of regression. Because the adult knows that regression eases the tension, he will often seek an opportunity to regress, such as is allowed by his lifestyle and circumstances. Allowing the pressure to build inside can lead to outbursts of anger and sometimes, uncontrolled regression.

2. Regression is almost always a conscious choice, but it is not always that simple. When this choice is made, the adult self moves to the conscious *background* and remains aware of what is happening and has control still available to him. It sounds complex to most people, but it is less of a conscious decision to regress, than it is just *letting go* and allowing the child to move naturally forward and for the stressed, tired and upset adult to peacefully drop into the background.
3. The inner child then takes the *foreground* and the child's behaviours and needs become primary. The person then adopts the childish pseudo-personality and emotions which may (or may not) differ significantly from the adult. Again, this is not a separate personality, but rather an artificial construct built from the intelligence and creativity of the adult. The emotions and behaviours are still essentially the adult's, but unable to be easily expressed in the adult world.
4. When the inner need has been met, the child will usually naturally return to the background and the adult automatically comes forward. This can also happen abruptly in case of need or emergency, but it normally happens in a slower, controlled fashion. It is worth noting though, that just because the deep need is met, it is not always enough for the regression to immediately end. You must understand that your Little One *enjoys* being little and feels no rush to end the experience. The need may be met, but there is still enjoyment and fun to be had out of being Little. Do not be concerned if your Little One is in no rush to end the regression. It is natural and safe. Would you want to leave a place you were happy in, just because you were no longer sad?
5. It is worth noting that there is never a total separation of the two personalities. Even as an adult, the child still exerts some influence over behaviours, e.g. bedwetting, groin-rubbing etc. Likewise, the child is still affected by the adult, e.g. walking, sexual arousal, ability to read etcetera. The degree of crossover from child to adult (behavioural leakage) can be embarrassing and one of the goals of the Parent/Child relationship is to mitigate those effects to make life a bit simpler and easier.

I explain the various Levels of Regression in the next section. Regression can be anything from very shallow and brief, to very deep and long-lasting. You need to know the difference and to learn to recognise the signs.

Your adult partner is probably acutely aware of his inner Little One most of the time – some more than others. Even in adult mode, they may see a child's toy and instantly feel the desire for it from their Little One. They may see a child's outfit and suddenly wonder what it would look like on