How to Discipline with Diapers

Up until this point in the book we have been talking about diapers and play and other items and what is good and what is bad. Now we come to the important stuff – Discipline.

Fun is fun and discipline is discipline. The two share something in common at times, but are still largely different concepts. Play-discipline is like play-spanking. A bit of a hand slap on the rump for a bit of fun and scarcely any pain or effort. That is play. It is not discipline. Discipline spanking is when you bend your partner over and use a paddle and wallop his butt hard for 20, 30, 40 or more times and it hurts. Probably hurts a lot. Now for a masochist, this is probably something they crave, but most of us are not masochists. For a spanking to be discipline, it needs to exceed the comfort zone and probably by a significant margin. The same is true of disciplining children. Even if you don’t spank, giving a child a five-minute timeout for punching his sister is probably going to be considered ‘worth it’ by the brother. Being sent to bed an hour earlier that night however, might be viewed quite differently.

In essence, if you are going to literally discipline your partner with diapers then it has to be a significant matter that involves perhaps discomfort, inconvenience and embarrassment. Don’t assume that your partner will necessarily rebel against your rules and discipline, although he might say he does.

*The essence of Diaper Discipline is that it is entirely in your control. You decide when, where and how long your partner will wear diapers. You will decide if he wets or even soils his diaper. Your rules. Your choice.*

Read that paragraph again and let it sink in. It is the basis of Diaper Discipline, that your partner does what he is told to in regard to diapers as punishment for an offence. That doesn’t mean you don’t listen to him or ignore his wishes. It means that if he wants out of diapers, it is your decision and yours alone.

The true power of diaper discipline is dependent on your partner’s reaction to wearing a diaper. If he is already into diapers then the basics of diaper discipline will be nothing more than fun and enjoyment and that’s okay, but it isn’t discipline. You will need to move very quickly into the more advanced areas and push his boundaries and then right past them. However, if he is not into diapers and finds wearing them unpleasant or embarrassing, then your discipline starts right at the beginning. But be warned... once you get him wearing diapers, he will quickly develop a tolerance for them. They are comfortable, convenient and not at all the ‘horror’ he may have expected. So, the advanced stuff is there for you as well, just a little later.

Before we proceed any further we need to address the reality check. Discipline at this level still essentially requires compliance from your partner and that is critical. Yes, you are disciplining him and yes, it is your choice, but he still has the ability (and legal right) to reject it. So, what do we do? I know it is a radical concept for so many, but we can... talk about it!

Diaper Discipline is good for you and the plan is that it will be good for him as well. That means that the discipline will bring good rewards, but only ‘so far’. Beyond that limit, it won’t work and could cause problems. That limit is one only the both of you can know and that limit will undoubtedly shift, so it needs to be something you are aware of. When you start spanking seriously, his limit might be ten swats. Six months later, you may be giving him 80 with ease. So, in short, enjoy the benefits, but make sure things don’t go awry by too much enthusiasm and too little communication.
Now onto the fun stuff...
Enforced Diaper Wearing

Wearing a diaper is pretty easy when you want to wear one. If you use a pullup it is literally no more difficult than pulling on underwear and even with a disposable diaper, it is still easy to do, but unless your partner is an extreme diaper fetishist or adult baby, he won’t want to wear diapers all the time. They can be a drag or a bit uncomfortable in the long term or simply, unwanted.

Enter the number one area of diaper discipline: Enforced Diaper Wearing.

You and you alone dictate when and how often your partner wears diapers. It is that simple (or complex). You could for example, dictate diapers at bedtime, perhaps a few nights a week or every night. If he is a bit of a bedwetter then you already have a ‘reason’ of sorts. Or you could make it random and simply demand that he put a diaper on at any time of the day or night without discussion or warning.

You can tell him things like he cannot take the diaper off for two hours and it must be soaking wet. Or as one person does, the diaper does not come off until it is totally soaked. There are myriad options here for you to experiment with. As I mentioned before, the discipline aspect is that it is entirely up to you as to when he wears or doesn’t. And the fun (and discipline) begins when you make him wear a diaper and use it when he really does not want to.

Have fun with this and see how it works for you. Be prepared for mistakes or disappointments, but never stop trying.

‘Do as you are told’

The essence of discipline is obedience. This means that in regards to diapering, your partner obeys you, no matter what.

Early on in this book, we discussed Reward and Approval as the method of how to get your partner into diapers in the first place. This still applies, but with some variation. You are The Boss. You decide when and where he wears diapers and your reasonable expectation is that he will obey. There is no need for you to reward him for obedience. Approval is still appropriate, but obedience comes first. However, what if we now expand this discipline into the rest of your life?

Imagine that you ask him to do the dishes and he doesn’t do them. Instead of getting angry, you can now simply put him back in diapers for perhaps the next 24 hours with no toilet privileges. Maybe he went out and came home drunk and you were angry. Diapers for the next day or more.

Domestic Discipline imposes rules, expectations and punishments for breaches. In DDD, diapers are another of the tools at your disposal and they can be as powerful as you wish them to be.

Obedience is one of the goals you are after and not simply for playtime, but in your life. The best of us still require rules and boundaries and some people need to have them imposed and breaches penalised. The clue here is that your partner is expected to obey you when you make a reasonable demand and that diapers are one of the punishments up your sleeve.

But we all know that what is also needed is...

Spanking

There is no substitute for spanking in any discipline scenario, including diaper discipline. If you are disciplining your partner, you simply must spank him. There are two basic kinds of spanking – maintenance and discipline.
Diaper Dominance and Discipline

Maintenance spanking is spanking that is given without a direct cause. This is done regularly and for some, every day or every week or whatever. It is however, regular and done simply to ‘maintain’ a good attitude. It comes from an old Victorian tradition of giving a school child a single hand spank every morning to remind them to behave. It was probably ineffective, but when given to a partner with a bit more effort, it can be quite effective.

Discipline Spanking is, as it suggests, discipline for a specific reason or offence. Unlike maintenance spanking which is measured and controlled and while it hurts, is not too bad, Discipline Spanking is meant to hurt. If it doesn’t hurt, he won’t learn! You will quickly find your rhythm and style, but a discipline spanking can be extraordinary in modifying behaviour, even in adults. There are some good books on the Psychology of Spanking that explains this in more detail.

Diapers and spanking go hand-in-hand in a discipline scenario. You can spank your partner with his diaper pulled down so that it is more humiliating and one thing to remember... if his diaper was wet, then so is his bum and a wet bum stings a lot more than a dry one! This is how a diaper adds extra spice to spanking! Spank wet for extra performance, but be aware of it just the same.

Unpleasant Diapers
To be a tool capable of disciplining, diapers must have some negative aspects to be of any value. For some, the mere wearing of a diaper is unpleasant and humiliating enough, but for many, mere wearing is not particularly problematic. Plus of course, if your partner is a diaper fetishist or adult baby then making them unpleasant is even harder! Sometimes though, you will need to make wearing a diaper an unpleasant thing for them.

Cloth diapers are a good idea in this area. For younger people raised in a disposable world, the concept of a pinned-on, old-fashioned, diaper is not much fun. One of the intrinsic advantages of cloth is that you can layer them up to be very thick and bulky. With some of the over-sized diapers you can make them so thick that the wearer cannot close their legs together and waddles when walking. Combined with baby-style diaper pins and large plastic pants they are radically different from modern disposables, which are designed for discretion and comfort.

Another idea is to make sure they get very, very wet. Disposables are comfortable right up until the point where they get over-full and suddenly they are squishy, uncomfortable and start to leak on clothes or bedding. Make your partner wear wet diapers way past changing time.

Of course, diapers are not just made for pee, but also for poo! This is one of the most powerful ways of making a diaper unpleasant for most people. It is true that a number love a dirty diaper, but most will not. So, if you are disciplining, make him soil his diaper and then leave it on. Change it after a while, but leave it on for a decent amount of time – measured in hours.

Diaper-rash is unpleasant and while I don’t suggest encouraging it, it may happen just the same so be prepared. Even a moderately wet diaper on someone with diaper rash is unpleasant so keep it in mind.

Sissification
If he is wearing diapers, then he can also wear panties over the top. Imposing sissification on your diapered partner can be extraordinary as there are so many options available. Once again, there is myriad literature on sissification, cross-dressing and more, but here we are combining diapers with it.
Diaper Dominance and Discipline

While a lot of men might like to wear your panties, they might not be quite so happy about wearing them over a wet diaper. Combining diapers with other sissy clothes can be a powerful discipline scenario. You can add a bra and if you are courageous, there is a huge range of baby/sissy style clothing around - including on eBay - for your partner to wear as well. In fact, there are few limits around for sissification other than your imagination.

The power of sissification comes when he does not expect – or want – it. Randomly expect him to wear a diaper and a baby girl outfit and see how he responds. I can guarantee that you will love it. Your partner however, might take some time!

Babying
As suggested previously, there is one massive connection with diapers that we have not really dealt with in any detail. Babying.

Diapers and babies are strongly connected. Babies wear diapers and those who wear diapers are... babies! Well perhaps not literally true, but a major objection to incontinents and the disabled having to wear diapers is that ‘diapers are for babies’. This natural response is one you can use to your advantage by accepting and developing this connection.

Once you have him in diapers, feel free to expand on the baby theme. You may have started him out on plain diapers at first to minimise the risk of rejection. (Good idea, by the way!) Now, bring in the baby print ones and especially the baby girl prints. Subtly suggest that he is a cute baby and perhaps cuddle up to him as if he were a baby. Check his diaper frequently, just as you would an infant.

And then comes the clothes and accessories.

Start with a pacifier. Get a couple of adult pacifiers and when you put him in diapers, add the pacifier as well. It is humiliating and embarrassing and very infantile. He might be able to pass the diaper off as non-infantile, but the pacifier? That’s only a baby’s item.

Get some adult-size baby clothing and there is certainly a lot to choose from. When you discipline him with diapers you can now put him in baby clothes as well. There are also knitted bonnets and booties and baby shoes etcetera. Don’t forget a few baby toys like a rattle or a teddy bear to carry around to really round things off.

If you want to really expand on babying your partner, then I recommend Rosalie Bent’s book: “There’s still a baby in my bed” for plenty of detail on adult babies.

Sleep-time Discipline
We all live busy lives and sometimes work and responsibility gets in the way of the things we really want to do – like diaper disciplining our partners! Perhaps bed-time however, is a better place to use for discipline for starters because that is easier to do.

To start with there is the obvious choice of him wearing a diaper to bed. You could also deny him use of the toilet and a cute, added discipline is that you can make him stay in bed until he asks for permission to get up – just like a child. Also, bed-time can perhaps be a bit earlier sometimes so that if he has done something wrong, he gets sent to bed early, all diapered and ready to wet. Some deny permission to use the toilet before being put in the diaper so that it will be quite wet in the morning.

Bedwetting can be an issue here. As I mentioned earlier, bedwetting in adults is far from rare and your partner may be an actual occasional bedwetter. Naturally, in a discipline setting, a bedwetting episode should be punished with a spanking and more. When your partner is wearing a diaper, how
do you know if he wet the diaper accidentally or deliberately? You can ask of course, but you could also just spank regardless. I have also heard the reverse of this. If the partner’s diaper was dry in the morning, he was spanked and punished for it. She would check his diaper early in the morning, often before he woke and if he was still dry, a punishment would be given. Not surprisingly, he started wetting the bed naturally after a while.

So, will your partner start bedwetting normally as well? Truth be told, probably not. Genuine bedwetting is not easy to start and I do discuss this a little later on. The reality though is that if your partner develops even moderate bedwetting then your discipline has been remarkably effective and is a great step forward into our next step – Dominance.