

Beyond Regression - the Naturally Infantile Baby

Introduction

In our first book on AB relationships - *There's a baby in my Bed!* - we identify the key to understanding the AB mindset - *psychological regression*. It has been one of those incredibly obvious things that mental health experts have missed over the last century. By distinguishing between a nappy/diaper fetish and infantile regression we articulated what many of us have always known or suspected - that the adult babies in our midst are dramatically different from the rest of us who simply wear and enjoy nappies. There are Diaper Lovers (Fetishists) and Adult Babies (regressives).

The Adult Baby is now well known in society, if not particularly well understood. However, even within Adult Babies there are varying strata of the extent of this regression and it can be quite obvious if you know what to look for.

There are those nappy wearers that will regress occasionally and find their 'happy place', their 'baby place', spend some time there and then return. They are Adult Babies. Then there are those that do this frequently, extensively and deeply and then return. They also are Adult Babies. However, the third category, that rarer and more complex group are those adult babies that never *really* return, because they were never really *fully* adult in the first place.

In a previous article, we referred to the concept of **Primary Identities and Sub-identities**. This concept helps us to understand that for many Regressives, the baby-side is more than a mere habit or something done for enjoyment or relaxation. It is an actual separate identity. The important thing however, is that it is a SUB-identity ie it is subservient and lesser in size and power than the primary identity which is that of an adult. It is not less important, it is just less powerful.

It is generally accepted that regressive people like adult babies do so for periods of time and then fully revert to their normal adult state. There may be some behavioural markers or 'leakage' (*R.Bent 2012*) that lingers, but the baby side is typically fully submerged underneath the dominant adult. However, there are some adult babies where the regression never ends - not completely. These are those with an *Infantile Sub Identity* as explained in the previous paragraph.

From the outside looking in, they appear to not really regress at all in the technical sense because they appear to have never fully left their infantile state in the first place. They are still capable of functioning in an adult world, using adult skills and adult relationships, but that adult side is built upon a significant infantile core. This shows up in adults who have the intelligence, background and personality to function perfectly, yet frequently exhibit childish or infantile traits that often escape their attention and yet can be obvious to astute observers. They *do* actually regress; however, this regression is from one regressed state to a deeper one. It often does not spring from a non-regressed state.

These people are what I refer to as Naturally Infantile Babies in that a lot of their behaviour has infantile aspects or overtones much of the time regardless of actual regression.

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They are usually popular with toddlers and young children - even as play mates - because they relate to them on a level they may be unaware of. They will watch children's TV shows and 'get it'. They are the ones you find looking at toddler and infant toys with a fake adult detachment, but internally choosing those they would want to play with if given the opportunity. They are the ones who often still wet the bed as other-wise physically and emotionally mature adults, but for no apparent reason. They are the ones who are also incontinent for no physical reason and they do all this not out of role play or even out of regressive episodes, but rather because they *are* still significantly infantile at the core. Being dry does not really resonate for them as this is an older child's function at a maturity level not fully reached by them. For these people, regression is not going-in or going out of an infantile state, but rather going deeper or going shallower into an always present infantile state. It is more than simple regression.

One key sign for a Naturally Infantile Baby (NIB) is that getting them to behave in an infantile way is never hard nor does it take time. Those who are only babies in the regressed state cannot simply 'jump into their baby place' in a moment of time. They need to initiate their regressive triggers or to find their baby room and over a period of time descend into infancy. However, a NIB can start behaving or thinking as an infant in a very short amount of time - usually a few seconds - because they are *always* infant. They have not moved beyond the infant. The only thing that changes is their *depth of infancy*.

Let's look at the behavioural traits that separate NIBs from regular ABs.

- Extreme high level of adult baby behaviour
- Strong infantile drives that began to manifest as a young child
- Bedwetting without physical reason
- Late poor or zero toilet training
- Early onset bladder incontinence without primary physical cause
- Bowel laziness leading to extensive dirty nappies without physical reason
- Excellent *equal* relationships with toddlers and young children
- Strong oral fixations ie wanting breast, bottle, pacifier/dummy or thumb
- Extensive masturbation - often inappropriately
- Playing with or desiring children's toys
- Watching Children's TV with a level of understanding/involvement of an age appropriate child
- Reading young Children's books including picture books
- Crawling outside of regressive periods
- Tantrums
- Crying
- Refusal to speak or the use of baby talk
- Not changing nappies when they should (if incontinent)
- Discomfort in adult clothes and conversely instant comfort in baby clothes
- Infantile/childish fears outside the regressive episodes
- Anal play
- Fascination with poo

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Of course, many of the above can also apply at times to regular Adult Babies as well, but a NIB will exhibit *most* of these in large measure and not necessarily be related to any obvious signs of regression. An NIB may appear to be functioning quite well in the adult role and then within seconds be crawling or sucking a dummy or dumping a poo load in their nappy at an inappropriate place or time.

The NIB has to face the immense difficulty of being not just an AB where they are adults with infantile drives and needs, but rather Adults who are in large measure still infants inside them that never stop, never sleep and frequently demand attention and at times, control and management.

Dealing with an AB in a relationship is always difficult because it is so unusual, even for a nappy-wearing (ie fetishist) friend or partner. The AB has needs and drives that have to be met, but they can mainly be scheduled and dealt with, although not all the time. We deal with this in detail in our other books. However, NIBs are a special case that demands more.

To explain this further, an AB strongly desires a parent/child relationship where their partner adopts a parental mode during at least some of the regressive episodes and sometimes also outside of regression and into normal life. It is one of the dominant and driving needs of any AB. However, NIBs take this a great deal further where their partners need to evolve into *actual effective mothers* of their wayward child. While not at any point eliminating the adult-adult relationship, the NIB requires significant mothering *at all times. All times.* And therein is the critical difference. A competent and caring partner/parent of a NIB will actually be their mother *all the time* merely changing the level of mothering, dependant on the level of infancy being demonstrated by their 'child', but once again it is critical to note that the mothering never completely ends because the infancy itself never ends. For an AB parent/child relationship, the mothering starts and ends, but for NIBs the mothering merely ebbs and flows.

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Managing a Naturally Infantile Baby

The dichotomy of the infant/adult within the same body makes it hard to know what to do with NIBs, especially when they seem to be capable adults... most of the time. However, the truth is that there is an internal conflict and sometimes battle, that redefines and sometimes restricts, who they are and how they act and feel.

One of the early observations (and dilemmas) for an AB couple embarking on the parenting journey is that the baby's needs and wants change and expand over a period of time until it finds equilibrium. It can be frustrating and unpredictable in advance because the fact of the matter is that every AB outside of a loving and accommodating parent/child relationship behaves primarily according to *opportunity*, not need. They will wear nappies *when they can*. They will dress up *when they can*. They will play as a baby *when they can*. These artificial restrictions will cause the AB to limit themselves significantly in order to meet a drive and need as best they can, but once in an accommodating relationship, the behaviours expand and morph until eventually they arrive at the *true expression* of their inner baby or at least a good approximation of it. While there will always be a twin balance between adult and baby and the pressures and obligations of adulthood, a place can be found that is pretty close to who the AB truly is. The NIB however finds this much, much harder.

While the Adult Baby's true identity and expression of it may be young toddler or older infant or even older pre-school child, the NIB will typically be at the far younger end of the scale usually around 12 months or even younger. The NIB is usually not a toddler, but rather an infant and the needs, drives and practical expressions are essentially infantile. This places a significantly higher level of responsibility on the parent to meet such needs and to balance them with the non-negotiable adult world.

SUMMARY:

Some people reading this will have little to no idea of what we are talking about. There will be some however, who will instantly resonate and identify with the idea of being baby 'all the time'. The level of baby desire and need ebbs and flows, but never really disappears. Their baby 'side' is a genuine sub-identity that is real and well-formed, albeit missing many elements and subservient to the primary adult identity. NIB's are adults, but they are also and always, part infant.

Michael Bent 2016

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