

Babying as an act of intimacy – Melinda McMahon

When I read what some people – mostly men – write about diapering and babying a woman, I sometimes think that they have absolutely no idea whatsoever about it. The babying of anyone – male or female – is an act of *intimacy*. For women, it is even more so and perhaps predominantly so. Babying is intimacy in a way that transcends regular adult to adult intimacy. If you don't yet understand that as the partner of a woman baby, then you need to learn it now.

If you want a model on how to baby an adult woman then look no further than the way a loving mother handles her new baby or young toddler. As I wrote this, I had to backspace and insert the word 'loving'. It was a reminder that not all mothers are good or loving and if that was your experience than you have my sympathy. Both Ben and I were blessed with good and loving mothers and fathers and we are increasingly aware that this is not always the case. So, find a *loving* mother and watch how she behaves. Fathers tend to come into the picture a few months later when the newborn needs more than diapers and breast! No excuses, though, dad! Your turn at bat comes up very quickly.

When the baby is very little, mom hovers over her as the child sleeps. When she is awake, mom holds her in her arms tight and comforting. When the baby cries, she rocks her back to sleep, gives her a finger to suck, or offers a comforting breast. It is personal one-on-one intimacy.

When the child is older and can crawl, the comfort and care morphs a little, but when they are upset, she picks them up, holds them tight, and offers them what only a parent can give. The pacifier may calm, but what truly does the job is the presence of the parent in close proximity, holding her tight. Intimacy is about contact, tight, secure, and loving.

When the toddler comes of age, the parents have even more to manage. It is more than diapers and bottles or breast. There is the time of bathing which is now more than mere washing but also a time of fun and play. There are now toys that the toddler can manage more easily, and parents can join in with them. The toddler can laugh as well as cry and the ever-present parent can be part of it. Intimacy with the toddler is about being there for the good and the bad, the fun and the not.

As the girl toddler gets a little older there are now new things to explore. There are dresses and pretty toddler clothes. The pacifier remains as do the diapers and you now hold hands with her as she walks, in part to help and in part to act as a boundary for safety. Intimacy is now a more physically distant thing, but at any moment, the toddler girl can turn around and mom or dad is there ready to lift them up and embrace them tightly as if they are still the infant they were such a short time before.

Guys, your baby girl will move around in her regressed age and have differing needs and while that can be complex at times to really ascertain what she needs, there is always one thing she does need and that is personal intimacy. This is not about sex or sexual intimacy. For many women, babying and sexuality are quite separate or only loosely connected and so you need to learn about being intimate with your *baby* partner in an appropriate manner.

So, how does intimacy work out for adult babies? That's a good question.

The diaper change is a crucial element of intimacy with your baby and there is an entire section dedicated to it which you will have already read. But I need to repeat once more that diapering and changing can either be a chore or perfunctory act, or it can be a time of intimacy and bonding with your baby. When good parents are changing a baby's or toddler's diaper, they are engaging intimately with her. Learn to master this intimacy with your baby girl. Unlike a real baby, she can probably change herself, but you will miss the astonishing intimacy that nothing else will ever give you. Be part of the *experience* of diapering.

Bathing can be fun and intimate. Unlike a real baby, *your baby* can sit up in a bath and be safe. Run a warm bath for her, add some bubbles and a few baby toys, and make bathing a true childish experience. Regression aside, who remembers being a young child in a bath that seemed so big and so deep, splashing and playing and doing everything but washing yourself? I do and so do many of you. Repeat that for your girl and allow her to repeat that time. If her childhood was lousy, then you have the opportunity to give her that experience for the first time. And what do young children *not* do in a bath?

Wash themselves!

As she plays, it will be your job to wash her all over and enjoy the fun and *intimacy* of washing and bathing. Be aware of one possible outcome though. Washing your baby girl in the bath intimately may lead to some very non-childish outcomes and so the after-bathing time can also lead to some very adult intimacy. I speak from experience here!

And on that topic, guys, remember that while you should give intimacy to your baby girl with no thought of reward, this is one good deed that does not go unrewarded. Your entire relationship benefits from your growing expression of intimacy in the baby realm. Treat her like a baby princess in her realm and your adult kingdom will reap the regards.

Another function that parents do for their young children is feeding. Now early on, the breast is best but... this one is not for you (sadly). But you have the second-best option easily available to you – the bottle. We write in more detail on this in another chapter so I won't say much other than to tell you that bottle-feeding can be a gloriously intimate time with your 'daddy' and is very repeatable and wonderful. More on that later!

Put a bib on your baby and you can spoon-feed her soft foods like porridge or yogurt or the like. Obviously, I can feed myself, and even in a regressed state can do that adequately - with the exception of the very deepest regression where I really can't do anything at all. I prefer to feed myself solid foods but for soft foods, I adore being fed. This is why I want a high-chair even though that is not allowed for me at the moment (poo!). But sitting on a booster seat on one of our kitchen table chairs, daddy feeds me, and it's still wonderful. It is intimacy on a very different level because after it, he has to wipe my face and my hands and sometimes clean my clothes because I am messy! And I love it. And here is one thought to remember, guys.

Intimacy is sometimes hard work.

When we watch TV together, I sit next to Ben (hubby) as an adult. But sometimes, I curl my feet up and lean into him and the baby needs start to arise. My thumb goes to my mouth or a pacifier takes its place and he puts his arms around me, less than that of a husband and more of a father holding his little girl in place. It is an intimacy that is natural and easy. Because my older daughter Felice is aware of my inner nature, a pacifier in the open is acceptable on occasion and often I will fall asleep in my daddy's arms and wake only briefly as he changes me into my night diapers and gets me ready for my crib. Because I am tiny, he often carries me to my crib and that is extraordinary for a little girl like me. Of course, for most people that is physically impossible, but you can still take her by the hand, lead her to the bed for her diaper change and then help her get dressed for sleep and then drop the side of the crib and help her in.

Going to sleep with your daddy taking care of every step is a special intimacy that is hard to explain unless you have experienced it. Ben puts me to bed every night as part of our routine, but some nights, he is putting an already regressed 12-month-old infant to sleep and when I awake in the morning, still that infant, my daddy is there to help me up, sometimes with a morning bottle. There is little to compare with this for the adult baby.

There is one other element of intimacy I wish to discuss and that is the tendency of babies to suck. They suck *anything* that gets near their mouth and it is called the oral stage of development. Your baby girl may also want to suck many things. The pacifier's existence is predicated on the need for sucking and the release it gives. As a practical concern, make sure your baby always has a steady and available supply of pacifiers for when that need arises, and here is a clue... the *lightest* regression often starts with that sucking impulse. The thumb goes to the mouth and the pacifier is suddenly needed.

Your baby can suck *your fingers*. When she is sitting or lying there happily sucking on her pacifier, offer her your finger instead. She may enjoy that, not because it is better than her perfect-fitting pacifier, but because it is you. I shouldn't have to say this, but make sure your fingers are clean and especially the nails.

Encourage your baby to suck on a few special items like infant chew-toys and other safe things and let her explore her infancy at this level. Remember that she is exploring and extending her infancy as far as you allow and can lead, so let her go.

Now you all knew this was coming, so here we go. She can also suck your penis. Happy now? But there are two ways of doing this. Obviously, as an adult, it is a purely sexual act, but as a regressed child, it could be literally a non-sexual one. She could suck you simply for the pleasure and the shape in her mouth. The reality is that if she does this, sexual activity is likely to develop. Surprising, huh? But give yourself the time to assess if she is doing this as a baby sucks and give you both time for it to develop into more. A woman sucking your penis is a fairly unambiguous hint for sex, but in a regressed baby and especially a deeply regressed one, it may be quite 'ambiguous'. Just take your time and allow it to move toward the rather obvious conclusion. Don't rush. Explore.

Intimacy with your baby girl is largely *not* sexual in nature, so don't confuse the two. As a baby, she craves infant intimacy more than sexual intimacy. Don't worry, there is more than enough time for the latter, but if you ignore the former, you short change the experience for you both. Anyone can have sex, but very few are like us and have the wondrous capacity to re-experience the intimacy that only a parent and a very young child can have.

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