

Sissy Babies

A woman with blonde hair, wearing a pink and blue tutu and a pink bonnet, is holding a baby doll. She is surrounded by various stuffed animals, including teddy bears, a Hello Kitty doll, and a monkey. The background is a plain, light-colored wall.

The ultimate submissive

By Evelyn Hughes

An AB Discovery Book



*Sissy Babies :
the ultimate submissive*



Sissy Babies

...the ultimate submissive...

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Evelyn Hughes





Sissy Babies : the ultimate submissive



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The Three Chambers
A Brother for Samantha
Mummy’s Diary
The Hypnotist
Chosen
The Snoop
The Washing Line
My Baby Callum
A Baby for Felicity
The Regression of Baby Noah
A Baby for Melissa and her Mother
Baby Solutions
Discharged into Infancy
The English Baby
A Mother’s Love
The Psychiatrist and her Patient
The Reluctant Baby





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The Book Club Baby
The Rehab Regression
The Daycare Regression
The Aeviternity Gateway
A Woman's Guide to Babying Her Partner
The ABC of Baby Women
Me, Myself, Christine
Diaper Discipline and Dominance
The Epitome of Love
Australian Baby: a life of nappies, bottles and struggles
Fear and Joy: a life in and out of nappies
The Fulltime, Permanent Adult Infant





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**BABY
GIRL**

Foreword

The world as we know it is not like the *Leave it to Beaver* world that our 1960s TV told us it was. In that carefree and totally imaginary world, every child had two loving parents, happy siblings, a single working parent – dad of course – and a life where everything was just so, so excruciatingly mundane and boring.

But that is not our world and it has never been that way, thankfully.

Life has the habit of being anything but normal, or predictable, or easy-going. Couples divorce. Some kids are monsters who grow up to be literal monsters. Likewise, the simple and boxed-in sexual identities that we often declare, are also not quite that simple. The child and parental roles fray around the edges to become something altogether different.

This is not to say that there aren't a lot of norms and averages and typical styles and behaviours that we embrace largely by intuition, as well as by tradition. In fact, tradition and custom is the fabric upon which family and society are built, but that fabric also has many colours, styles, shapes and to be honest, a lot of frays and holes.

Adult babies are not the norm. Not even close. They are one of those holes.

Despite the 21st century experience of coming out of the dark and into the light, adult babies remain fringe-dwellers and are treated with contempt and disgust in large measure – even by other fringe-dwellers. Information-superhighway notwithstanding, ignorance and prejudice still stalk the hallways of many people's minds. And so, we accept that as ABDLs, we are not the norm and while we hope that this might soften





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somewhat, it isn't going to do so any time soon, so we best be aware of that.

And then there are sissy babies...

Well, if you thought that adults wearing diapers was considered weird, then sissy babies push that edge just a bit further. However, sissies and sissy babies are not that unusual, at least not in ABDL circles. A sissy baby is in fact, fairly common.

I am married to a sissy baby. It has taken me a long time to both understand and accept that. It would be wrong of me to claim that this is a simple and easy thing for anyone. Working as a couple where one was an openly sissy baby took even longer. In many ways, I wish I had read this book a long time ago. Not that I would have made it all the way through as it is both eye-opening and deeply confusing to me, but there would have been one thing – an important thing – that I would have learned.

I am not alone.

I am not the only wife/partner of a sissy baby.

I am not the only one who struggled to make it all work.

I do not know who you are, reading this book. You are probably a sissy baby yourself and some of you may be the spouse/partner of one. Don't freak out or run away screaming. Pick up that singular message that you are not alone; that there are more people like you and many, many sissy babies around who need some of what you find in these pages.

Some of it will shock you, offend you or upset you. So, take away one thing, even if it is the only thing. Sissy babies are real. Sissy babies can be truly wonderful and loving people and sissy babies need you to help them gain back some of the self-respect and confidence that a harsh world often takes away.





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Enjoy your sissy baby. Enjoy being a sissy baby. Find the way that makes life work for you, full of excitement, unpredictability and exquisite joy. It is out there waiting for you to run towards it and embrace it will all that you have.

Rosalie Bent 2019





Introduction

I love sissy babies!

Yes, I bet you don't hear that too often, but I do, and I think they can be simply amazing creations when given the opportunity to find their place and their role in the home and in society.

In some regards, the term 'ultimate submissive' can be misleading because while it is absolutely true, it will also be quite misunderstood. A sissy baby is absolutely and thoroughly submissive, but not as an act of voluntary submission to a dominant woman, but rather being submissive as an infant is to a parent. It is loving and natural and remarkable.

We need to start by understanding that sissy babies are not well respected nor understood by many people at all. Nor am I going to try and delve too deeply into the hows and whys of how they came to be. They simply *are*, and for me, that is enough.

My exposure to sissy babies and how I currently live with one will come out during the book and it was a journey of discovery and experimentation. Discovering that my own brother was a sissy baby some years before leaving home was a shock in the old 20th century mould of '*what????*'. I didn't know how to handle it and he didn't know how to explain it. Not that we particularly wanted to do either, but life can deal out some unexpected events and suddenly... you see your brother in sissy baby attire and there are no convenient excuses that can explain it, nor





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anywhere to run! We survived it and even now, it is something we understand and occasionally laugh about.

And since the universe has a sense of humour, the man I met, fell in love with and married... is a sissy baby. It feels a bit like winning the lottery, but without the money – rare and wonderful. Being related to one sissy baby was rare enough, but then to marry one...

But don't let me sound like I am complaining. I always wanted a life that was different and a bit adventurous, as we all do. This just wasn't necessarily the adventure I signed on for.

It is better! And certainly stranger!

In this book, I will explain what sissy babies are and how they behave, but I will spend much of my time telling you – the partner of the Baby – how to engage in a positive and fruitful relationship with your Sissy Baby. To be honest, if your partner is a sissy baby, then you will have to deal with it some way or other, no matter what. You can choose to be 'accepting and stand-offish', which many sissies would happily accept, or you can try and embrace an incredible relationship where – in part – you play the role of Mother (or Father) and your sissy plays the role of the baby girl.

This incredible relationship can be as sporadic and shallow as mere role-play, where you each take on the roles that you naturally relate to (parent or baby) or you can let it evolve and develop into a remarkable, *genuine* Parent/Baby girl relationship. You get to be in a substantive manner, the parent and your partner to be a baby girl. If that sounds shocking or mega-weird then hang on... it gets even weirder from here on!

This book's style is written as if being read by the partner of a sissy baby. It is, however, equally suitable to be read by the baby themselves.





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No matter what you are looking for, be it information about sissy babies or how to make it work in your relationship, this book is for you.

A FEW NOTES: *In a book like this there will be ways of describing people and relationships that might not exactly match yours. This is not to say that any of the material here is not applicable to you. Most relationships are heterosexual and so I tend to use words that presume that in the text, but it doesn't mean that any of these points don't apply to you. When I use the term Mother/Mummy, I can just as easily mean Father/Daddy. The unisex term 'Parent' is sometimes used, but it can be very impersonal. So please draw messages from the content, not the specific pronouns that are used.*





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The Basics of Sissy Babies

What is a sissy baby?

You would think that defining a sissy baby would be easy, right? Back in the 20th century it probably was, but now with gender issues and sexual identity differences and the melting pot of social change, suddenly the sissy baby isn't quite so easy to define.

NOTE TO ALL: This is a good place where I could no doubt, offend some people. When we talk about this topic, some people choose to be offended first and then see if that offence can be mollified by the content. If that is you, then you will get offended. However, I hope that most of you take what I am writing as an honest and sincere appraisal that you are free to disagree with. Whatever you do, don't use the -phobic suffix when referring to me. I am not fearful (which is what 'phobic' means) of pretty much anything (other than spiders!). We can choose to disagree while learning from each other. /RANT

A sissy baby is, of course, an adult baby. It would also include teen babies and as uncomfortable as it makes some people, pre-teens can also





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be regressive babies or diaper lovers. I know we like to think of pre-teen years as some kind of imaginary world, free of pressures or strange thoughts and ideas, but it really isn't so and never has been. After all, aren't almost all of you ABDL folk, ones who went through pre-teen years with baby feelings and thoughts, as well as the angst-filled teen years with baby and diaper urges? So, let's leave the political correctness and all the insane errors and inaccuracies it imposes to one side. AB begins in childhood, so let's accept it and move on.

The sissy baby is a full-on adult baby with more than just a passing interest in nappies or diapers. Sure, they are often the major interest item (or attachment object if you like the psychological term). The sissy baby loves or wants, baby clothes, baby toys, pacifiers, nursing bottles and everything infantile. As I now understand more fully, the adult baby regularly regresses to an infantile state where the baby-needs and baby-feelings are authentic and need to be acted upon. It is not an act nor a role-play, but a legitimate and genuine experience. They are *real babies* in many ways.

Now comes the complicated part - the gender issue. Now, hold on to your hats as I delve into the painfully ferocious world of... gender.

The sissy baby is physically male. That is indisputable and part of the equation, but they also want to dress and act as a female baby. Why is that? Trust me, this is one area I want to avoid, so I will be brief and hopefully clear.

A sissy baby is not necessarily transgender. This is not to say that they can't be, rather just that being sissy is not transgender nor the reverse. However, at the same time, this is not mere role-play either.

Most sissy babies do not live as sissy babies all the time. They exist and live as adult males in their day-to-day world and are happily male. Some are crossdressers who wear adult women's clothes for their





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own reasons, but again, most sissy babies tend to be 'sissy' only in the baby personage, not the adult world. I hope that isn't too confusing.

In the world of LGBTQI (did I miss any new, recent letters?) I think that an S for sissy would be appropriate since being sissy doesn't mean being gay, or transgender or anything else. It just means 'sissy'. So, hurrah for LGBTQS!

If you are a sissy baby reading this, then you already know exactly who you are. You understand your motivations, your needs, your experiences and how old you feel. No one can tell you what you are or how you feel inside. Ignore the labels and embrace the babyness. Let simplicity rule your thinking and try not to find a 'box' or label with your name on it. That is a long and complex journey and at the end, you just get a box with a label. Big deal!

If you are the partner of a sissy baby, then don't try and analyse too much or try and put them in the alphabet soup of identity boxes. It will just confuse you a lot and not help you at all. They are just babies in baby girl's clothes with infantile and feminine responses. For now, that is enough.

Now we can talk about how sissy adult babies fit into the world, relationships and life in general.

Why have a sissy baby?

This is a pretty good question. For most people, however, it is not a question but rather, a statement of fact. For example, I did not go out to 'get' a sissy baby. I married a man and found that he was a sissy baby sometime after. In retrospect, some of the clues were there, but even with the example of my brother, I didn't pick up on it in detail, largely because there was no known label of 'sissy baby'. I knew he was a bedwetter and





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wore nappies to bed, but I thought nothing more of it. Even the fact he wore panties didn't properly clue me in. I doubt I am alone here. In fact, I believe that not many men or women, go out of their way to 'have' a sissy baby. A few do, but not many.

So yes, both men and women can have and successfully manage, a sissy baby.

Sissy babies are truly remarkable while at the same time, very infuriating! And aren't the very best things in life that way - greatness mixed with frustration?

A woman once wrote the following, edited for brevity (and spelling!):

"I never married and was past the age of child-bearing and yet I felt this extraordinary pain in my heart for being childless. Adoption wasn't an option and I reconciled myself to the fact that I would never have a child. That was until I met Mikey.

I found myself in an adult baby website and it wasn't something I really knew much about and so I looked around. I guess most strangers would have seen just weirdos in nappies, but I saw babies! And I love babies!

For the next few nights, I kept thinking about what I had seen, and it stirred me up and I couldn't get rid of it. So, I went back to the website and talked to a few people and kept my gender a secret, so I wouldn't get surrounded by crazy wannabes.

Eventually, I met Mikey online who was about ten years younger than me and we hit it off in non-baby ways. He





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seemed sensible and sensitive and he told me about wearing diapers and feeling like a baby girl and I felt my heart just break. I know it was probably stupid, but we decided to meet since he was only a couple hours away and when we did, it went better than I expected. We went out and talked and then back at my place, I asked him to dress up as a baby girl, which he did. I was surprised at both our reactions and the way it felt really natural.

I got scared because it felt so good, but it was still so weird. But we pushed on and after a number of meetings, I actually babied him. I changed his diaper and fed him a bottle and we cuddled, and it was like all the suppressed maternal instincts came running out of me.

It took nearly six months before he moved in and I started referring to him as 'her' and Mikey as Michelle. We didn't even have sex for quite a while as we were fixating on being mother and daughter which was more satisfying to both of us than sex ever was.

I am just so happy that I have a baby girl that needs me as well as a man around the house. I never expected to be in the situation I am in now of changing diapers, feeding and caring for a little baby. "

Well, that quote is pretty much self-explanatory. A woman found a sissy baby who met her unfulfilled and unfillable desire to be a parent, in baby Michelle. I won't say this is a common outcome, but variations on it certainly are.

For the rest of us though, the reason we 'have' a sissy baby is that we married them or am in a long-lasting relationship with one. It was one





of those 'surprises' that relationships sometimes have in store. Trust me... there are worse surprises than this one!

Benefits of having a sissy baby

So, are there benefits to having a sissy baby or is it just a long line of negatives? Let's take a look at some of them.

Having an actual baby

There are quite the number of benefits to having a sissy baby. The obvious one is that you get to have... a baby! We addressed that one in the previous section, so I won't go over it again other than to say that a significant benefit is getting to be an actual parent to an actual child. The only real restriction on how substantial and real it is, is your own determination to make it so. You can make it as simple or as substantial as you wish and in fact, you can make and mould your partner into more of a baby than an adult. As the mother, you are the dominant partner and the one that decides how the baby will behave and develop. Clearly, you need to take the baby into consideration, but if you want a very dependent and significant baby to care for, your partner will more than likely embrace it with passion.

Having a happy partner

The unhappiest person anywhere is the one who is constantly denying their true nature and trying to control the contrary drives inside. I speak from experience that the partner who is allowed to be the person they truly are, is halfway to all the happiness they will ever want. The other half is you embracing it fully and complementing their infancy with your parenting.





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There is one aspect to this, which is in allowing your partner to express his inner drives or in this case, his inner baby. The other aspect is that by *driving* the development of his inner baby, you will develop even more peace and happiness in him. It is perhaps one of the most important things to understand that babies don't make decisions and adult babies don't *want* to make decisions. Real babies want mummy to make decisions for him and an adult baby wants the same thing – mummy deciding things for him.

You get to design, drive and develop the baby girl and who she becomes. Think about it... *you* get to make your baby into the baby you want her to be. That is very powerful and an extraordinary opportunity and responsibility.

Better relationships

It might seem ironic, but being a parent to a submissive sissy adult baby is a powerful strengthener to your relationship. By putting both of you into the positions you should be in and best suits your personality, you are both happier. And when you are both happier, you are freer to both enjoy and pursue the dimensions of parent/child relationships. When you both find yourself comfortable and satisfied in your respective roles, you are free to work on strengthening your adult relationship, as well as your mother/baby relationship. Difficult behaviours, habits and attitudes that the baby struggles with can now be dealt with not just by talking, but by discipline and the paddle (discussed later).

My own baby struggled with anger and tantrums. No amount of discussion ever helped, but generous doses of the paddle and strap brought her to a place of peace and calm. It is not easy to discipline and especially, paddle, your partner, but your baby? Not only is it easy, but it is a *responsible* action to take. It takes some getting used to and perhaps the hardest part is to even consider it. But it works and works so well.

