

An AB Discovery Book

A Woman's Guide to

SISSY BABYING

Her Partner

Gwendoline Summers

A Woman's Guide To Sissy Babying Her Partner

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by
Gwendoline Summers

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A Woman's Guide To Sissy Babying Her Partner

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A Woman's Guide To Sissy Babying Her Partner

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A Woman's Guide To Sissy Babying Her Partner

What is the most beautiful in virile men is something feminine; what is most beautiful in feminine women is something masculine. – Susan Sontag

Contents

Foreword 0.....	9
Introduction 1.....	11
Why? 2.....	15
Why babying?	15
Why Sissy Babying?	19
The Gender-bending Sissy Baby 3.....	24
Our Basic Premises 4.....	28
All men have some babyiness in them.....	28
Interest in diapers/nappies is very common, if subliminal.....	29
Interest in panties and women's 'things' is common among men.....	31
Is Sissy Babying the ladder to success?.....	32
Wishes, Desires and Expectations 5.....	34
Wishes.....	34
Desires.....	36
Expectations.....	38
Wishes, Desires and Expectations for Sissy Babying.....	41
A man's perspective on being babied 6.....	43
Discovering Regression 7.....	48
So, what do I expect from regression?.....	50
Taking Control – Mother and Child 8.....	53
How far are you pushing your partner into babying? ...	54

A Woman's Guide To Sissy Babying Her Partner

How deep into babying is he sinking (regression)?.....	57
Taking control as his mother	58
Making him into a baby girl	59
Bringing Femininity from Nowhere 9.	61
Basic Femininity and Babyness 10.....	64
Moving the panties to full-time	66
Moving the femininity 'uphill'	67
You choose his baby gender	69
Names and Pronouns 11.	71
When does she become female?	72
When does she become an infant?.....	72
Pronouns.....	73
Exploring the girl inside 12.	75
Exploring the LITTLE girl inside 13.....	77
The purpose of nappies.....	80
A man's perspective on being sissy babied 14.....	83
Sissy Baby Sexuality 15.	86
Developing a sissy baby lifestyle 16.....	95
Appendix One 1.	99
Introduction	99
Regression.....	100
Second Self/Alter Ego.....	101
Which is the Better Explanation?.....	104
Non-Differentiating Factors.....	105
Differentiating Factors	106

A Woman's Guide To Sissy Babying Her Partner

Not Reversion to Biological Childhood.....	107
Identity Confusion.....	108
Identity Alteration.....	109
Self-Nurturing.....	110
Conclusion.....	110
Appendix Two: Identity Conflicts in the Adult Baby 2.	112

Foreword | o.



It is somewhat ironic that I was asked to write a foreword to this book. Gwendoline writes about the whole range of babying experiences and the variety of 'sissy' experiences while my own history is of dealing with an exceptionally babyish and feminine adult baby. My baby is now fully such – a permanent sissy baby - and this book is about a guide to partial experiences and experimentation.

I loved it.

It was refreshing to read the stories, the anecdotes and the insightful advice about dealing with the 'un-normal' aspects of us all. And I include us all in that. Very few of us are truly 'normal' without any bents or deviations or secret thoughts and desires. I certainly am not and I am equally sure that you, the reader, are not as well. This may not be *your* particular bent, but it may be close. And if not, the principles still apply.

The truth of life is that throughout history, society has tried to force us all into stereotypes of gender, sexual preference, belief systems, clothing, behaviour and placed even stronger expectations on children. It always costs us something and for some, it is a strangulation while for others, just a moderate annoyance. But all of us bounce against the guardrails.

The 21st century has brought us many challenges and some of them are just old ones dressed in new clothes. But in our own homes and in our relationships, we have the chance to be who we truly are or want to be, to explore new identities and emotions and

A Woman's Guide To Sissy Babying Her Partner
to simply break free of the suffocating strictures that are so often imposed on us outside.

Take the time to explore and enjoy the sweet possibilities of discarding our normality and experience some of the joys I see upfront and personal in the sissy baby.

Few things are as sweet.

Maggie Joyce

Author of "The Fulltime, Permanent, Adult Infant"

Introduction | 1.



Welcome back to our second book on babying your partner. I am perhaps presumptuous to have assumed you read the first book – *A Woman's Guide To Babying Her Partner* – but I would suggest you read it first to establish some of the concepts I might otherwise gloss over quickly.

When I wrote the first book it was a labour of love but also a labour of necessity. I felt like I simply *had* to share my experiences and insights with other people. Yes, I still had to do the work and the research, but all in all, it was fun and rewarding. And guess what? People liked it and it sold very well! My expectations were low and so I was stunned by the results and the handful of emails that were forward to me by the publisher. People – and women in particular – not only enjoyed the book but found it helpful in their own relationships as they implemented some of my thoughts and ideas. They found that it actually worked and were surprised by that!

There are now a number of new 'babies' in the world who perhaps would not have ever become so before someone they love read the book. I take some kind of smug delight in that! Perhaps, I shouldn't be smug, but hey... that's who I am, and these books are all about expressing who you truly are and trying out new experiences. I can get smug so... deal with it!

As a reminder to everyone about who I am, I am just a very average middle-aged (sadly) woman with what I call a 'kinda sorta' adult baby husband. So, what do I mean by 'kinda sorta'? Stay tuned

A Woman's Guide To Sissy Babying Her Partner
coz I will talk about it later on. He is also a 'kinda sorta' sissy and I
will *definitely* be talking about that later as well.

I will sign off my introduction here with an edited email that
my publisher passed along and I hope it motivates you and explains
why I have written a second book.

"Dear Gwendoline,

*I just wanted to pass on a quick note to thank
you for your book which I purchased three months ago.
I saw it on Amazon while not really looking for
anything like that but when I read the sample, it spoke
to me.*

*My husband and I have been married some 25
years and recently celebrated the 'empty nest'
experience and to be honest, it was not a good thing.
Over the years, we had focussed so much on our two
children that the 'us' had begun to show signs of wear
and once alone, it was rather painfully obvious. We
tried our best, but we were perhaps bored as much as
anything and it was your book that triggered a
thought.*

*I love babies. I am deeply maternal and I missed
fussing over my kids even as older teenagers. My
husband is somewhat of a dependent soul, having
grown up in an era of maternal over-reach and he
carried that into our marriage and it was a bit of a
contentious issue early on as he learned the skills and
expectations of a modern 'equal' marriage. But even
now, he remains still quite dependent on me for some
of the mothering he was given as a child, teen and
young adult.*

A Woman's Guide To Sissy Babying Her Partner

He is not a bedwetter and apparently toilet-trained both early and easily but I was feeling desperate to make our marriage less of a convenience and more of an active and vibrant joint venture. And so, I decided that babying as per your book, was worth a try.

I was in shock that it actually worked! I know that sounds like a back-handed compliment, but the truth was that babying him came about rather easily thus proving your point that subliminal babying needs exist in many men.

He is not an adult baby by the definitions I have seen in other books, but he does wear nappies quite a lot now and we both enjoy him acting as a baby for me. I enjoy changing him, feeding him and because we have a good disposable income, he has many baby clothes and some toys and bits and pieces.

Our grey life has gone technicolour all by having this oddity in our lives. What motivated me to write to you today was that a few days ago, he woke up from a solid overnight sleep and his nappy was wet. It was his first 'bedwetting' incident since childhood and he was deeply embarrassed by it and I, on the other hand, was thrilled.

I am a no-nonsense school teacher (recently deputy head) while at home, I bottle feed and nappy change my hubby.

Life is weird. Life is good.

Thank you for pointing us in a direction that has helped enormously.

A Woman's Guide To Sissy Babying Her Partner

Why? | 2.



This is the perfect question to ask before we get any further. **Why would you want to sissy baby your partner?**

Why babying?

Let's just dissect that question first of all. There are two words that we need to understand. The first is 'baby' or babying your partner. This is the 'action' part of the question while the other word – sissy – is a 'descriptive' or 'qualifying' word. Let's look at *babying* first of all. I am going to quote some of my first book so that we are all on the same page before we go much further.

'Babying' is an act. A verb. 'Baby' is a noun, a person. The difference is significant.

Let me explain.

The act of babying is the provision of baby-like care and nurturing for another person. While it is usually a physical infant, it does not need to be. You can change the nappies of an adult or a baby, you can bottle or breastfeed an adult or an infant. Both adults and infants can use a dummy, sleep in a cot, crawl and wear baby clothes. Babying is an act that can apply to anyone. It is not limited to any age or gender.

This is the core of the premise – that age does not preclude anyone from being babied or from acting like a baby. Adult Babies

A Woman's Guide To *Sissy* Babying Her Partner

understand this intrinsically and do so perhaps from a very young age. They crave that babying and in their minds, that makes them a baby at least to some degree. And they are not wrong.

Babying your partner is not just for the .1% even if that is about all who actually do it. Babying is a viable option for 99.9% of couples. Yeah... I mean it. It is a possibility for almost anyone and there are a lot of options out there. So why is that so? Let me quote...

Typically, you would assume that the target market for a book like this is women with AB [adult baby] partners. The truth is that the actual market is every woman in every relationship. There is inherent within all men, a degree of babyiness.

Excuse me? Did you just say that all men are babies?

No, I didn't say that at all. Rather, I said that in all men is babyiness. That is, that every man has a degree of infantile behaviour and thinking that ranges from the very small to the very significant, but it exists in all men, just the same. Only the level of babyiness varies. This continuing discussion is to be understood as describing all men, not just adult babies.

And to be repetitive, let me say that in almost *all* men exists a level of babyiness that is available to be tapped and experimented with and to be enjoyed. Adult Babies are obviously the more extreme form and openly admit to this inherent babyiness, but it is my belief that almost all men carry this potential and most are unaware of it.

The key is to introduce babying into the relationship and to allow it to flourish and bring newness, vitality and wonder into

what may be suffering a bit from repetitiveness. Even if your life is not repetitive, who doesn't want *more* of the good things? Life is essentially the same thing over and over 90% of the time. Work, sleep, eat, fight with your teenagers, driving, do housework, fight with your teenagers, rinse and repeat. It is in the 10% that we get the opportunity to make life fun and exciting and to remind ourselves that teenagers eventually grow up and become responsible adults and your thoughts of homicide were only brief.

Babying can bring something truly stunning and remarkable into your relationship because it is just *so different* to almost anything else. You won't find anything like this in marriage counselling or in seminars and we all know why. It is just so far out on the edge that it sounds and looks truly ludicrous. And trust me, it certainly *can* look ludicrous and that is one of the things that stops people from pursuing it.

I took some time to check out the multitude of videos and pictures of adult babies on the internet and they are at best... confronting. Now, to an adult baby, they are wonderful and set off a resonance inside them that says, "this is me!" But to the rest of us who are not adult babies, they often look awkward, embarrassing and sometimes even a little foolish. Stay with me here. I am not trying to be insulting. Rather, I am trying to strip off the veneer of wishful thinking and replace it with some real-world honesty.

Most of the professional AB models are – like most models everywhere – slim, trim attractive and photographed well-lit and well-posed. In many ways, they remind you of models in the latest fashions that promise that you too will be spectacularly beautiful and look like you belong in the Oscars and yet, when you try it on, you look... something considerably less and often, just awful. We all come in different sizes and shapes and few of us have Hollywood star looks and physiques.

What my lengthy diatribe is getting to is that *looking* like a real baby is an impossibility. Looking like an attractive large-scale model of a baby, however, *is* achievable by a few but for the rest of us, it is how we look and feel to *ourselves* and to our significant other(s) that is what matters.

Being a baby again is a concept, not a reality.

We can dress as babies with nappies and baby clothes and dummies and sleep in oversized cots and play with toys, but we will always look a little strange to an onlooker, but that doesn't matter. Internally, we *can* be babies again to a varying degree. The reason so many people seem averse to the idea of babying is that the visuals of real-life adult babies are confronting and deeply so and even offensive. It is the absolute antithesis of what we think of ourselves and our goals in life. As children, we want to grow up and be adults and babying is the reverse of that and so this idea stands in opposition to most people's entire life goals.

If you want to know why every AB show about adult babies ends badly it is because of the visuals. They confront an undeniable reality: that we are adults and seek to pass off external experiences as a substitute. Now, we all know that the visuals do not necessarily match the internal experience which can be at times, thoroughly and authentically, infantile.

And yet, all that is what makes babying so powerful.

It is raw, it is confronting, it is powerful and at times even a little off-putting. But it is also incredibly rewarding when it meets the inner needs that we have. The power of babying is in its shock to normalcy, to being like everyone else. It is why it can be so wonderful in a relationship, especially one that has grown a little stale. There is *nothing* stale about babying. It is potent and even...

dangerous. And what marriage or long-term relationship couldn't occasionally do with a dash of risk and danger?

Take the plunge and experience some risk and danger!

Why *Sissy* Babying?

And now let's address the other word in our title – **Sissy**.

We might as well start with some definitions that can be a bit overboard or offensive but here goes...

From Wikipedia:

Sissy (derived from [sister](#)), also sissy baby, sissy boy, sissy man, sissy pants, etc., is a [pejorative](#) term for a boy or man who is not traditionally masculine and shows possible signs of fragility.

Generally, sissy implies a lack of [courage](#), [strength](#), athleticism, [coordination](#), [testosterone](#), male [libido](#), and stoic calm, all of which have traditionally been associated with [masculinity](#) and considered important to the male role in Western society. A man might also be considered a sissy for being interested in traditionally [feminine](#) hobbies or employment (e.g., being fond of fashion), displaying [effeminate](#) behavior (e.g., using hair products or displaying limp wrists), being unathletic, or being homosexual.^[u]

Yeah, I don't like that one much. It is all negative and so on. Interestingly, it does reference 'sissy baby'. Let's try www.sissythings.com

Sissies are a distinct breed of transvestites. A sissy is a transvestite whose primary sexual interest lies not just in wearing feminine clothing, but in becoming

A Woman's Guide To Sissy Babying Her Partner

an exaggerated version of femininity. Femininity as seen through the lens of traditional hetero male sexual desire. Sissies are not seeking to become women in a normal sense, but are instead seeking to become the object of their desires. Their ultimate fantasy woman if they were normal, rather than being a sissy.

Sissies are transvestites who can't be sated by just throwing on some panties and jerking off. They must strive to become their ideal female. This means the fetish will transcend the bedroom and creep into the rest of their life. A full wardrobe, makeup, wigs, etc. Sissies will spend more time looking at women's outfits than they will looking at the women wearing them. Sissies keep their body hair shaved, likely wear panties (or more!) at all times, nail polish on their toes, etc. Being a sissy takes commitment and dedication.

Sissies are bisexual, but not in the traditional sense. You aren't going to see a sissy settle down and marry a man. You won't find many that will say they find men attractive. Remember, a sissy seeks to become the embodiment of what their dream woman would be. As such, their interest in pleasing men is distinct from that of homosexual men. Their interest in men comes from seeking validation that they have achieved their sissy goal: being feminine enough to interest "straight" men. They aren't into the men themselves as much as the men are sex objects that a sissy uses to confirm her own sissyness.