

AN AB DISCOVERY BOOK

# GWENDOLINE SUMMERS

*BESTSELLING AUTHOR OF 'A WOMAN'S  
GUIDE TO BABYING HER PARTNER'*

## AN ARGUMENT FOR REJECTING POTTY TRAINING

*Allowing teens and adults the right to  
choose their own toileting*



*An Argument For Rejecting Potty Training*

# An Argument For *Rejecting* Potty Training

by

Gwendoline Summers

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# *An Argument For Rejecting Potty Training*

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## Foreword | o.



When Gwendoline Summers sent us her idea of a book about rejecting potty training I was surprised and thrilled. I enjoyed her first two books – *A Woman’s Guide to Babying Her Partner* & *A Woman’s Guide to Sissy Babying Her Partner* – because of her humour, her self-deprecating style and the way she embraced inclusivity. In most ABDL books (ours included) the market is exclusively ABDL people but Gwendoline’s books are literally for everyone. Babying your partner doesn’t require them to have a history of nappies and other adult baby things. Sissy Babying doesn’t require a history of cross-dressing or the like. And now comes her new book in which she makes an argument for rejecting potty training, but not just for the adult baby, but for *anyone*.

Inclusivity is part of the path towards great acceptance of adult babies and diaper lovers. If we get the community at large to embrace the notion of AB and DL without necessarily involving sexual fetish or psychological regression, the rest of the ABDL world has a better chance of being accepted.

The idea of rejecting potty training either personally or society-wide is not necessarily a new one, but this book explores the issues and what such a world would look like.

I know from personal experience as do many others what it is like to care for someone who has rejected potty training and so know of the complications as well as the freedoms.

While the chance of our world embracing large-scale rejection of potty-training is rather remote (to say the least), our own ability to reject it is an accessible option.

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Now that this book is done, I await Gwendoline's next endeavour in encouraging us all – ABDL or not - to embrace... who knows what!

I trust you will enjoy and be challenged by this book.

**Rosalie Bent**

**Editor**



# A Proposal For Choice in Potty Training | 3.



I am not a great fan of mindless adherence to ritual and tradition, rules and regulations. But at the same time, I am no anarchist either. I am not one of those people who simply can't obey rules and laws and traditions. Rather, I am one who would like to see *reason* for them. Once I see that, I am okay with them. I also understand that sometimes, traditions are there simply because they *are* traditions and that they are self-perpetuating. But when I am asked to do something a certain way just *\*because\** and when better ways are easier and obvious, I tend to have something to say. Schools should be embracers of new ideas but sadly... that is often not the case.

I've already discussed what potty training is and its social and other reasons for existence, so I am not going to suggest that potty-training is *pointless* or antiquated or that it isn't popular. What I am suggesting now is *choice*. What I am proposing is that we reconsider our approach to potty-training and consider alternatives.

The first issue I want to address is the classic circular argument. As parents, we have the God-given responsibility to do the best by our children. There is no argument there from anyone. And in the very early years, that responsibility entails making *every* decision for our infant or toddler. There are some 'enlightened' parents who think that discussing with their one-year-old if they

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want to eat or go to bed is a good idea and that is inevitably unsuccessful and ends up looking rather foolish. Independence in children arises gradually and in line with their personal development and maturity. But many important decisions need to be made well before that time arises. One of those is potty training.

The default position for potty training is... **yes**. We were all potty trained as children at varying ages from ridiculously early (under 12 months) to ridiculously late (after beginning school). But we were all potty trained just the same. Bedwetting is in a different category and can go on until teens in a small number. But we still describe our bedwetting 17-year-old as being 'potty trained'. The meaning of the term is therefore not strictly literal but rather how well the child can interact with the rest of society with their toileting. Wetting the bed impacts society not at all and therefore is not considered an integral element of toilet training. An inconvenience for sure, but not an issue severe enough to consider a child to not be toilet trained.

So, why do we potty train children? It seems like a heretical question, doesn't it!

For a sidebar, let me mention a fictional story I read about which was (in part) about a woman who wore nappies and was an adult baby who said she was 'not toilet trained'. When I contacted the author, I found that the story was based on a real character who had literally not been potty trained. Obviously, I simply had to know more. If I am to propose an alternative to *universal mandatory* potty-training, I needed to know what it was like in real life. To this end, I contacted 'Merri', not her real name but rather the fictional name used in a story. This is Merri's story which has been edited for brevity and some spelling and grammar (actually a lot!)

...

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Let me say right from the start that I love my parents and respect them enormously. They were wonderful to me and by brother and however different they may have been from the usual, I appreciate that they taught me to think and not simply to follow everyone else.

My father was a Professor of History at a small university and my mother was largely an at-home mom who sometimes helped out at a second-hand clothing store. They seemed rather mundane to most people, but they were not. Their core belief was 'find your own path'. I am a woman, and my brother is a man, but we were never forced into gender roles but were encouraged to explore alternatives. My brother wore dresses and girls' underwear a lot as it was a choice he could validly make. I had boys' clothes as well as girls'. We loved the power to choose. We weren't confined to the choices that society made for us. My brother still enjoys wearing women's clothing at times but identifies clearly as a male. I also identify as a woman, but clearly loved the exploration.

Because of my parents' jobs, they had plenty of time to home-school us and we lived on a largish property well out of town and there were plenty of places to explore and enjoy as well as get into trouble. My brother and I coped well with home-schooling and my parents taught us well. A bit of a math buff, my mother drilled us in numbers while my well-read father ensured that we not only *could* read, but that we *did* read, and it has grounded us particularly well.

But we were given options to choose from in much of our lives and one of these was in potty-training. The other was in weaning.

My mother was a well-endowed buxom woman who loved breastfeeding and so we did... for a long time. Now, this might disgust some, but I breastfed until I was 13 and my brother until he was 9. He stopped because he 'wanted to' and his choice was

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considered both valid and his own to make. I did not choose to stop. Unfortunately, my mother's milk dried up and no manner of herbs and other 'remedies' could make it continue. I was not happy about this, and I recall crying a lot when being denied my daily breastfeed. One of the downsides to growing up being given 'choices' is that you don't always learn that you can't always choose what you want. It is a hard lesson that we all have to learn.

My mother was smart, and I have since understood that she understood what I did not. Mom offered a baby bottle with baby formula and while I was at first confused, I took to it happily and from then on, the breastfeeding was replaced with a morning bottle and then a bedtime bottle and it all seemed quite normal. We knew it was uncommon and smart enough not to talk about, but it was in our house, very much normal and routine.

If you've seen older children using a pacifier in public you can probably also recall the tut-tuts from others, particularly older (and unpleasant) women, about a child who should no longer need a pacifier. I was probably that child. When we went into town into our relatively small mall, I was using a pacifier as I still did at home. I remember some of the comments when I was around 8 years old, and they hurt. From that time on, I did not use my pacifier out of the home, but I did continue to use it a lot just the same. While my brother only used his at bedtime and finally gave it up in his early teens, I never did. I had a pacifier on a ribbon with me at all times and it was frequently in my mouth. I still use a pacifier very often and every night. It is an enormous comfort to me.

And then there were diapers.

And here is the oddest part of my growing up. Potty training was not part of my parents' agenda. My parents were both potty-trained, but my mother in particular recalled the trauma of her own training and how it was even then, a painful experience. She hated it and suffered from it, and it led to many problems in the years that

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followed. My parents decided that parent-directed potty training would simply not take place.

So, we stayed in diapers.

The theory is this: when a child is ready to be potty trained, they will either do it themselves or ask a parent to help them. Sounds fine, you say, and they were hardly the first people to say this, but it is also based on the notion that a preschool child *will* be ready for it at some stage prior to going to school. But that is not true and for those who have followed this 'advice' they also found out that you do have to push a little, however gently, to get them to potty train even it was peer pressure from friends et cetera. Part of the problem is that modern toddler diapers are very comfortable when wet and no inconvenience at all. There is no uncomfortable feedback to motivate getting out of diapers.

We lived in a home largely apart from others so there was no peer pressure for us to deal with and diapers are both convenient and comfortable. My parents were very environmentally conscious and so our diapers were largely cloth with waterproof pants. We did have disposables, but they were largely for trips out of the home because thin toddler and preteen diapers could be easily hidden while cloth tended not to be so discreet. They were not stupid and they did realise they were raising us different to others.

So, the theory was set in motion and my brother potty-trained himself for number twos at about six or so. He would go to the bathroom for that but would pee in his diaper just like me. It was natural, unforced and he was fine by it.

I was confused.

He was six and I was eight and I still pooped in my diapers, and I didn't see any reason not to. And so, I didn't. My mother did ask if I wanted to try it, but I refused, and nothing was ever said about it again. I actually had control and I could have used a toilet if

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I wanted to but simply, I didn't see the purpose. Diapers did all of that and my parents were happy to change me so why would I alter that? In the mind of a child that was iron-clad logic.

If you are seeing a pattern here that I didn't then you are not wrong. Fast forward to age thirteen. I was still being breastfed and thereafter, on daily baby bottles. I peed and pooped in diapers and had a pacifier with me all the time. I played with dolls and the toys I had as a baby remained in our bedroom (I shared with my brother) and I loved to play with them.

I actually still considered myself to be a baby. I articulated this a few times and nothing was ever said other than a nod and a smile. It made perfect sense to me to think of myself as a baby.

Yes, that is probably obvious, but in my home environment, it made perfect sense to me and unlike pretty much every other adult baby, I grew up in a house that permitted baby behaviour because I could make my own choices. As long as we did what was asked of us and studied our lessons, we were free to pursue our personal choices.

When I was 14, I asked if I could go back into my old crib. It was a plea based on a deep feeling I had been experiencing and the problem was that I was too tall to actually sleep in it. But as part of their 'make your own way' philosophy, the crib made its way back into our now cramped bedroom.

I slept in it the first night. Yes, it was technically cramped but the more I curled up to fit, the more 'right' it felt. And so, I stayed in the crib and to make a bit more room, my old bed was moved out. I curled up like a baby and stayed in the crib until eventually, I did get a home-made larger crib. By adult baby standards it was crude, but it had sides and bars and it was called, 'my crib' and that was more than good enough.

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But I was still unpotty-trained. I peed without any control or even awareness because I had never tried. I pooped deliberately, but it seemed fine to do so in my diapers.

Rather obviously, I was an adult baby, and everyone in the family knew it even if the term was unfamiliar. My parents told me later that they had seen it in me as a preteen and had been a little worried about what it might lead to, but they decided to let me take my own path, reasoning – accurately – that trying to make a ‘preteen/teen baby’ into anything else was never going to work. So, they let it all develop on its own while acting as guard rails - (no pacifier in town, thinner diapers when out, toys other than baby toys being encouraged.)

My brother eventually day potty-trained himself and went into underwear and occasionally girl’s panties since he still had a few dresses that came out from time to time. He was 18 and ready to join the world and chose to do it out of diapers. He still wore night diapers for many, many years and largely for the same reasons I did. He didn’t see the point or the need. His bedwetting was also stubborn and took some time to end. (Yes, we did discuss these kinds of things!)

But I was still doing everything in my diapers, and I don’t regret a thing. I Stopped breastfeeding over twenty years ago and have been on the baby bottle ever since. I am still not potty trained and as I understand it, it is not like incontinence. I *could* poop in a toilet if I tried, even if it would take some real effort to train myself to not simply let go whenever. Could I become pee-potty-trained? I doubt it. I imagine that the bladder muscles would be so weak as to make it a major undertaking and I simply... don’t want to.

For me, not being potty-trained was wonderful. Maybe if I wasn’t also a teen/adult baby, my choices would have been different, but all I know is that the mere idea of being forced to use a bathroom many times a day seems... idiotic.

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That is my take on it all!

So, that is Merri's story of growing up unpotty-trained. It is a good example of what I am proposing which is simply: choice.

I understand that my proposal has zero chance of being implemented in my lifetime or indeed, if at all. Potty training is deeply ingrained in our culture and for good reasons.

**But modern diapers now provide a real and practical alternative.**

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*My proposal is simply that children are not potty trained without their informed consent and choice. This applies to all ages. Potty training should only be done when they are ready – if at all.*

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So, what does that mean in real life? Well, clearly, it would involve very fundamental shifts in how society and family operate. It would start with making diapers the de facto *standard* underwear for children, probably throughout their preteen years at least.

Children would be raised openly wearing diapers and with potty-training not being the standard but rather, the exception. With modern disposable diapers, the comfort of a wet diaper gives little to no negative feedback to the wearer. Therefore, wetting in them is normal, natural and carries no unpleasant feelings.

Let me be more detailed on vision or model for the future.

### *The cultural shift*

This would be a very significant cultural shift (to put it mildly) and this is the clue to its implementation. We potty train at



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the current very young age largely for cultural reasons. These reasons include convenience, less work and of course, cultural pressure. Many parents know of the external pressure to potty train their kids at an early age. For some of that pressure can be intense and at times, ludicrous.

The 1950s brought us the idiotic pressure to toilet train at 12 months. It followed even sillier years of literally giving babies laxatives so they could poop at a convenient time. Later years were less pressured but still, well-meaning family (and in-laws!) would bring pressure to bear to get children trained very early on. And as many adults will testify, their own forced potty-training was traumatic because (surprise, surprise) children develop at very different speeds. One child may train easily at 18 months while another struggles at four years of age. Anyone who has a few children and knows a lot of others will be quite familiar with this paradigm – *kids are all different*. But society doesn't really accept that paradigm particularly well. The understanding that even within the same family that child development can be poles apart is still not easily accepted and in part, it is because parents naturally want their children to develop the same as everyone else and this includes... potty-training.

Kindergartens and schools routinely refuse to accept unpotty-trained children and of course, many younger children see their parents and older siblings and friends who are potty-trained and wish to emulate them. Also, potty-training is associated with 'becoming a big kid' and is therefore socially desirable to the child.

So, what if the new cultural norm is that potty training isn't even *attempted* under about twelve years of age? What if children up to 12 routinely wore diapers all the time everywhere and did everything in them?

# What does this future look like? | 4.

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Firstly, let's discuss diapers (or nappies, wherever you live).

You have to admit that the range of diapers in both cloth and disposable is now very impressive. But in a world like I envisage, that will be greatly and very significantly altered.

Baby diapers are already available in a huge range of styles and sizes but they still only really cater for babies and toddlers. And (obviously) the babies themselves offer no feedback or commentary on these products. There are, of course, larger sizes for the older child but they are still mainly for bedwetting and as mentioned... just for children. I know there are some adults who can fit into these older preteen diapers (damn you for being skinny!) but in the world that most of us inhabit, that is not going to help us. We need diapers made for us.

Adult diapers are a curious mix. At the bottom end of the market are the thin medical grade diapers which seemed to be designed for bedridden patients or the infirm and disabled and built around the needs of the carer rather than the wearer. And then there is the top end premium market of thick, comfortable and capable (and expensive) diapers that are superb. Many of these are ABDL-specific and even when not so, the makers clearly have that market in mind as well. Congrats to all Adult Babies everywhere for forcing the creation of these wonderful disposables. Wearing the same diaper for 12+ hours and being not at all inconvenienced by toilet needs is wonderful, something that Depends wearers can only

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dream of. Even as recently as 20 years ago, adult diapers were a largely poor range of options.

Let's take a look at how diapers would look like in my view of the future.

### *Cloth Diapers:*

There is of course, the cloth diaper market.

In the early days of course, cloth were the only type of diaper available, and disposables have largely taken over from them in the baby and toddler market. They do have some significant advantages over disposable and in the context of the future we are envisaging, the advantages are worth discussing simply because diaper wearing will not be simply a short-term situation but rather, life-long.

But first, what is the cloth diaper's biggest disadvantage?

Simple. They are nowhere near as discreet.

In fact, a thick cloth diaper on some people is very obvious while a tailored disposable can be well hidden as long as you dress appropriately. Short shorts or semi-transparent pants or super tight thin pants won't hide either type of diaper, however.

But in the future I am envisaging, this disadvantage largely disappears. Stay with me and imagine this...

You are at primary school, and you are wearing thick pinned or Velcro tabbed diapers and plastic pants. Being a young child, you are either wearing a skirt or schoolboy shorts. So, can your diaper be seen? Of course, it can. It is very, very obvious but... and this is the key... every other child in your school is wearing diapers as well. Some will be in cloth, some in disposables. But you are all wearing diapers – including many, if not all, of the teachers - and so does the fact that your diaper is very obvious mean anything