

AN AB DISCOVERY BOOK



Stories of Big Baby Bedwetters

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Stories of Big Baby Bedwetters

Contents

Stories of Big Baby Bedwetters.....	2
Mildred's Home For Wayward Bedwetters	13
Chapter 1: A Soft Knock	14
Chapter 2: Behind Closed Doors.....	18
Interlude: Quiet Things	21
Chapter 3: Leaks and Labels	24
Chapter 4: Tea and Quiet Play	28
Chapter 5: Elise in the Mirror	31
Chapter 6: Wet Sheets and Open Arms	34
Interlude: Little Steps in the Nursery Wing	37
Interlude: Trust Like This	40
Chapter 7: Casey's Middle Space	43
Chapter 8: The Visitor.....	46
Chapter 9: Shared Crib	49
Chapter 10: Nesting Plans.....	52
Chapter 11: Ava's First Morning.....	55
Chapter 12: Marta's Melt.....	58
Chapter 13: The Baby Pride Tea Party.....	61
Chapter 14: The Complaint.....	64
Chapter 15: The Boy with the Golden Sheets	68
Chapter 16: House Traditions	71
Chapter 17: The Visiting Boy	74
Chapter 18: Two Visitors at Once	77
Chapter 19: The Bedwetter's B&B	80

Stories of Big Baby Bedwetters

Chapter 20: Opening Day	83
Chapter 21: Crib Night for Two.....	86
Chapter 22: A Visitor From the Past	89
Chapter 23: Sheet Stories.....	92
Chapter 24: The Nesting Room Begins	94
Chapter 25: The First Nesting Night	96
Chapter 26: An Important Question.....	98
Chapter 27: Mildred's Legacy	101
Epilogue	103
Stories From A Wet Bed.....	106
Introduction	107
Dry Is Overrated	108
Chapter One – The New Housemate.....	108
Chapter Two – Eli's Routine	110
Chapter Three – Jeremy's Quiet Confession	112
Chapter Four – First Morning	114
Chapter Five – House of Different Things	116
Chapter Six – The House Meeting.....	118
Chapter Seven – Outside the House.....	120
The Linen Ritual.....	122
Chapter One – A Quiet Return.....	122
Chapter Two – After the Laundry.....	124
Chapter Three – Middle of the Night.....	126
Chapter Four – The Linen Shelf.....	128
Chapter Five – Shared Waters.....	130
Chapter Six – Sheet Day.....	132

Stories of Big Baby Bedwetters

Chapter Seven – Staying In.....	134
Chapter Eight – Invitations	136
Chapter Nine – Belonging.....	138
Chapter Ten – Weathering Together	140
Chapter Eleven – The Quilt of Small Permissions	142
Chapter Twelve – The Blanket Drawer.....	144
Moonlight Soaking:	146
Chapter One – The Quiet House	146
Chapter Two – Echoes in Linen.....	148
Chapter Three – What Doesn't Need Fixing	150
Chapter Four – The Secret Kept Softly.....	152
Chapter Five – Rain in the Garden.....	154
Chapter Six – The Linen Journal.....	156
Chapter Seven – Letters to the Dead	158
Chapter Eight – The Visitor.....	160
Chapter Nine – Market Day.....	162
Chapter Ten – A New Club Chair.....	164
Chapter Eleven – Rain on the Roof.....	166
Chapter Twelve – The Visitor.....	168
Porcelain and Rain:.....	170
Chapter One – The Scent of Rain	170
Chapter Two – Clay Hands	172
Chapter Three – A Journal of Wetness.....	174
Chapter Four – The Visitor.....	176
Chapter Five – The Wet Room.....	178
Chapter Six – Opening Night.....	180

	<i>Stories of Big Baby Bedwetters</i>
Chapter Seven – Return to Water	182
Chapter Eight – The River Within.....	184
Chapter Nine – Touch Me Softly	186
Room 9c	188
Chapter One – The Request	188
Chapter Two – Morning Rituals	190
Chapter 3 – Respect	192
Chapter 4 – The Preference	194
Chapter 5 – Recognition.....	196
Chapter 6 – Housekeeper’s Smile.....	198
Chapter 7 – In the Morning Light	200
Chapter 8 – Witnesses	202
The Spare Room.....	205
Chapter One – The Spare Room	205
Chapter Two – The Morning Ritual.....	208
Chapter Three – Softness and Support.....	212
Chapter Four – New Faces and Quiet Questions.....	214
The Gentle Return.	216
Chapter One – The Dry Years	216
Chapter Two – Remembering How to Be Gentle	218
Chapter Three – The First Dampness	220
Chapter Four – Mother’s Voice	222
Chapter Five – A Week of Warmth	224
Chapter Six – The Pink Dress	226
Chapter Seven – Support Found.....	228
Chapter Eight – The Return Fully Felt.....	230

Stories of Big Baby Bedwetters

The Stains He Kept.....	233
Home Again	234
Talking About The Bed.....	236
The New Cover	238
A Brave Question.....	240
Room For Two	242
Two Cups	244
Someone Else Like Me	246
Something In Common.....	248
Two In The Bed	250
Team Effort.....	252
Theo's House	254
The Third Bed	257
The Brotherhood Of The Wet Bed	260
Special Naps And Safe Homes	262
Beneath the Quilt.....	265
The Talk	267
Trusting Mum	271
Rituals And Ripples	275
The Three Of Us.....	279
One Bed Becomes Many.....	283
Growing Into The Quilt.....	286
Once, And Always.....	289
Afterword: To the Girl Or Boy Holding This Book.....	291
Daniel's Bed	293
Chapter One: The Sheets He Kept	294

Stories of Big Baby Bedwetters

Chapter Two: The Eighth Night	300
Chapter Three: The Third Night	304
Chapter Four: The Closed Room.....	307
Chapter Five: Preparing the Room	320
Chapter Six: The Visit.....	322
Chapter Seven: Morning Light.....	325
Chapter Eight: Shared Mornings and One Question	329
Chapter Nine: The Gift of a Few More Nights	332
Chapter Ten: A Return in Quiet Weather	335
The Bliss of Bedwetting	339
Introduction:	340
Chapter 1: The blissful moment	341
Chapter 2: Nappyless Nights for The Bliss of Bedwetting:	344
Chapter 3: Protected and Pampered.....	347
Chapter 4: Sheets, Plastic, and Pride.....	350
Chapter 5: Wet Together — Dual Bedwetting and Shared Surrender.....	353
Chapter 6: Rituals and Recording	356
Chapter 7: Changing or Staying — Wet Sheet Decisions	359
Chapter 8: Your Bed as a Safe Place	362
Epilogue: A Soft Goodbye (and a Wet Tomorrow)	365
"The Warm Side of the Bed"	367
"The Night She Didn't Change the Sheets"	369
"The Second Soak"	372
"The Sheets in the Spare Room"	375

	<i>Stories of Big Baby Bedwetters</i>
“A Puddle Between Us”	376
“The Quilt That Didn’t Get Washed”	377
The Wet Bed Pride Guide	379
The Wet Bed Pride Guide: The Bedwetter’s Companion to the World	380
This edition’s in-depth bedwetter review	384
Two in a Puddle	387
Breakfast for the Soaked	389
Corner to Corner	393
Two More Nights	398
The Days That Followed	402
Fernshade Hollow	404
First Night at Fernshade Hollow	406
Letting Go	411
Morning in the Middle of It	414
Telling the Truth	417
Lenora	422
Lenora’s Story	424
Held While Soaking	427
Unchanged Sheets	433
The Naming	436
Seven Days in Sanctuary	439
A New Reflection	442
Soaked and Smiling	450
The Shared Romper	452
Picnic in the Garden	457

Stories of Big Baby Bedwetters

The Crib Beside Carol	463
First Night in the Crib	465
Someone to Share the Crib	471
Morning Praise and a Romper for Two	475
The Question in the Morning	480
Arrival at the Sea Nest.....	483
Sun and Soaking, Sand and Love	487
Sunrise, Soaking, and a Goodbye Gift	490
The Hill Above the World.....	492
Morning Praise and a Circle of Baby Love	496
Home is a Wet Bed.....	502

Stories of Big Baby Bedwetters

AN AB DISCOVERY BOOK

MILDRED'S HOME FOR WAYWARD BEDWETTERS

WHERE DO YOU GO WHEN NO ONE WILL TAKE YOU IN?

ANTHEA MACBRIDE

Mildred's Home For Wayward Bedwetters

Mildred's Home For Wayward Bedwetters

Anthea MacBride

Chapter 1: A Soft Knock

The rain had stopped an hour ago, but Jeremy's socks were still wet. He stood under the faded awning of the porch, clutching a canvas duffel with one hand and a plastic shopping bag with the other. The bag hung heavy, and it dripped. Inside, his only change of clothes were now damp as well as one package of humiliating adult pull-ups, already opened, half-empty.

He glanced at the brass plaque beside the door. It read simply: M. Hensley – Private Residence. Rooming by Arrangement. Underneath, in hand-painted script, someone had added later: A place to rest. A place to start.

Jeremy didn't know if that line was meant for people like him, but the flyer in his social worker's folder had said she took in "people who needed special care" and that she was "familiar with adult continence issues." That had been enough to make him write. Barely. He had no real desire to share his issues with anyone, but life had conspired to force the issue. He was now... homeless, largely because of his bedwetting. And now he was here, shaking, tired, and painfully aware that the dampness in his pants wasn't only from the rain. He sighed.

He knocked once, very softly. He was tired and sick of everything.

The door opened almost instantly, as though Mildred had been waiting for him. She was older than Jeremy had imagined, mid-sixties maybe, with short silver curls and clear, intelligent eyes. She wore a long cardigan over a floral blouse and small gold earrings shaped like teacups. Her face wasn't smiling exactly, but there was no surprise in it. No judgment either, just... readiness. She looked like she might even... care. That would be a new experience for him.

"You must be Jeremy," she said warmly.

He nodded as he couldn't speak.

Mildred's Home For Wayward Bedwetters

"Come in, love. Let's get you dry."

The entrance hall was quiet and full of warmth with warm lights, warm air, and the smell of warm food and old wood. There was a soft ticking coming from a grandfather clock in the corner, thus confirming to him that this was a 'well-established' home. It had some of the comforts of being old.

Mildred took his dripping bag from him without comment and set it on a mat near the umbrella stand. She didn't flinch at the smell. Didn't even glance down at his pants.

"There's a bathroom just through there," she said, guiding him with a gentle hand. "Fresh towels on the rail. You'll find some dry things on the bench. You can keep them. I guessed at your size, but they might be a bit big."

Jeremy managed a small nod, and his throat burned with his never-ending shame. He turned to go, but she spoke again, gently. "When you're warm and ready, come to the kitchen. I'll have tea and some supper for you. There's no rush. Go at your own pace."

Later, clothed in soft grey trackpants and a slightly too big flannel shirt, Jeremy found his way into the kitchen. Mildred had set a tray with sandwiches, sliced fruit, and a steaming mug with a honey stick on the side. They sat for a moment in silence as he ate. It was the first real food he'd had all day. When he was halfway through the tea, she spoke.

"Jeremy, this house works on a few simple principles. I don't care where you've come from. I care how you treat yourself and how you treat others. That means kindness, honesty, respect and privacy."

She folded her hands on the table. "There's no shame in this house. No shame in wet beds, or daytime accidents, or nappies, or choosing not to wear them at all. You do what helps you feel safe and clean, and good. That's all. Your way is the right way, no matter what it is."

Jeremy stared at her. A lump in his chest swelled until he could hardly breathe.

"You don't have to talk," she added softly. "Not now. You've had a long day."

Mildred's Home For Wayward Bedwetters

"I—" His voice cracked. "I try not to need them. But when I'm scared, or... I've had a long trip, or... sometimes I just don't wake up."

She nodded. "It's alright. You won't be the only one here who needs them sometimes. Or even always. And every morning, there are wet beds in this house. No one judges anyone for how they decide to do things."

He let out a breath like he'd been holding it his whole life.

His room was small and perfect with clean sheets, a pale blue quilt, a dresser with a bowl of wrapped mints, and a waterproof mattress cover that crinkled softly as he sat. He recognised the sound immediately. He had spent his entire life with crackly plastic mattress protectors. Ironically, the sound calmed him as he knew that the plastic protectors were initially quiet and they only got noisy after being wet on hundreds and perhaps thousands of times.

This really is a house of bedwetters! He thought silently.

Mildred set his clean laundry on a chair. "If you'd like to use the nursery wing for naps later, you're welcome. We have a changing table there, but no one has to use it. I can show you tomorrow."

"A nursery wing?"

"Some find it comforting. I built it for people like my brother. He wet the bed until he was fifty-four."

Jeremy blinked. Mildred smiled faintly.

"Our mother tried to beat it out of him. I tried to love it out of him. To be honest, neither worked. What helped was this: having a safe place where he could sleep how he needed, dress how he wanted, and not lie anymore. That's why I opened this home. For him first. And now, for others. For others like you."

Jeremy looked at her quietly.

"You're safe here," she said. "Sleep dry or sleep wet. Sleep in a nappy or without. We'll wash the sheets if they need washing, or even if you don't want to wash them. And no one will raise an eyebrow here. Honesty and freedom are what we are all about."

She turned down the light and left him with a nightlight on the wall shaped like a little bear. It was an odd thing for an adult's room,

Mildred's Home For Wayward Bedwetters

and yet, he smiled as he saw it. He had used a nightlight for many years until it was shamed out of him.

Jeremy curled beneath the covers, flannel warm against his skin, and listened to the faint sounds of the house around him. For the first time in months, he didn't brace for morning. He simply fell asleep, knowing he was protected by not only the plastic protector but also by the clearly welcoming and accepting Mildred.

Chapter 2: Behind Closed Doors

Mildred never knocked unless she needed to. There was a golden rule that Mildred could go anywhere at any time, as if she were a parent and all the residents were young children. In the minds of all of them, the metaphor was stunningly accurate.

She moved quietly through the hallway after Jeremy had settled into bed, checking the soft-glow nightlights, adjusting the hallway diffuser to orange mist, and gently tucking a fresh flower into the glass bottle by the kitchen sink. Small things mattered. A place like this ran not on rules, but on trust. And rhythm.

Behind the bedroom doors, her residents prepared for the night in their own ways, each one different, each one quietly extraordinary.

Ezra's room was the first on the left. His door was always ajar, never quite open. Mildred passed without glancing in, but she knew what was inside: perfect order.

There were three pairs of trousers, four white undershirts and one small suitcase that had never fully been unpacked. Ezra never scattered. He folded his socks with precise symmetry and lined up his slippers under the bed before he laid down.

In truth, his life outside these walls was minimal. He'd once worked in IT but now kept to remote contracts only. He didn't like offices or mirrors. His voice was soft, always careful. His hands lingered a little too long over floral teacups when no one was watching.

Each night, Ezra nappied himself alone, not because he loved them, but because he feared waking up soaked and ashamed. He used medical-grade briefs and stored them in an unmarked drawer. Then

Mildred's Home For Wayward Bedwetters

he laid a second towel over his fitted sheet, just in case. Everything was hidden and controlled. But Mildred noticed, always, that the last thing he did before sleep was press a hand briefly to his chest... as if remembering something, or someone.

She knew his real name wasn't Ezra. Not originally, anyhow. She'd offered him the chance to change it when he moved in. One day, she hoped, he might let her help him find the right one.

From the hallway, Casey's door was impossible to miss. It was covered in haphazard stickers, layers of peeling posters, and a magnet that said "*Come Back Later – I'm in a Mood.*"

Inside, the room looked like a whirlwind had taken up residence. There was laundry in loose piles, music equipment wired together on the desk, a lava lamp slowly pulsing beside a half-eaten cereal bowl. But beneath the chaos, Mildred had discovered something special.

Casey kept a drawer that no one else saw. Inside were three footed onesies in pastel patterns, an adult-size dummy, and a plush elephant with one ear chewed ragged.

He didn't wear nappies consistently. Some nights, yes, on others, he preferred to wet his briefs and throw them in the corner hamper. There was something defiant in the way Casey was wet, like a protest, or a snarl in the dark. He had grown up being punished for it, being slapped, and even being sent to school in soiled clothes once as "discipline."

At Mildred's, he was the one who laughed the loudest at dinner, made up sarcastic jingles about "pee-pee pals," and insisted he was fine. He wasn't.

But when Mildred left small, folded onesies on the laundry shelf, Casey never said thank you. He just quietly took them and wore them on the nights his anger turned to sadness.

Marta's room had no scent. No clutter. No softness.

She came in from work at the same time each night, her jacket still smelling of oil and factory metal. She hung it precisely on the

Mildred's Home For Wayward Bedwetters
hook. She didn't talk much. She kept a wall around herself thick as stone.

Every night, she drank half a protein shake and took a fast, hot shower. Then she changed into thick cotton briefs, laid an old towel over her mattress, and went to sleep. By morning, the towel was soaked, as was the sheet underneath. She never asked for nappies and never asked for help.

What Mildred had discovered, only because she did the laundry, was that Marta never changed her sheets during the week. Only on Sundays, when she brought out a clean set from the hall cupboard and wordlessly swapped them. Her room smelled faintly of urine. She didn't seem to mind the aroma.

Once, during intake, Marta had said, "I don't need fixing. I just need space. I've wet my bed since I was nine. My ex hated it. I don't."

Mildred respected that and understood it completely. Marta's wetting wasn't shameful. For her, it was part of who she was. She didn't hide it, not really. She just didn't talk about it. At least, not yet.

Mildred sat in her armchair by the fireplace as the grandfather clock chimed softly at nine.

She opened a notebook, her own private log, and noted:

Jeremy arrived. Gentle soul. Anxious but receptive.

Ezra looked at the nursery door again. One day soon.

Casey took the yellow sleeper from the line and didn't joke about it.

Marta left her sheets folded on the bench. Took the white set.

She never spied, and never pried, but she observed the way gardeners observe... watching where the light falls, and how roots spread underground.

The home wasn't perfect, but it was growing something beautiful and doing so slowly. And tonight, for the first time in weeks, all four bedrooms were full.