

AN AB DISCOVERY BOOK

Rosalie Bent Writes...



ROSALIE BENT

Love and Littles:
Navigating Relationships With An Adult Baby Partner

Rosalie Bent Writes...
help for adult babies
by
Rosalie Bent

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Love and Littles:

Navigating Relationships With An Adult Baby Partner

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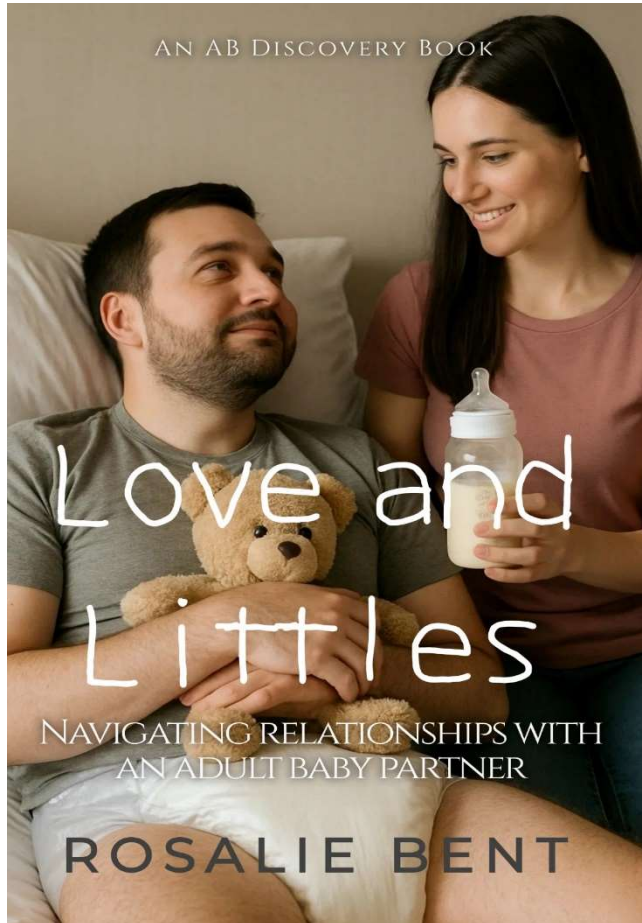
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*Love and Littles:
Navigating Relationships With An Adult Baby Partner*



*Love and Littles:
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Love and Littles: Navigating Relationships with an Adult Baby Partner

by
Rosalie Bent

Love and Littles:
Navigating Relationships With An Adult Baby Partner
FIRST WORDS...

This book is for two audiences: the adult baby themselves and their partners or even prospective partners and possibly family members and friends. So, for the latter groups, I have one bit of initial advice: DON'T FREAK OUT!

Yes, this book contains a great deal of information, ideas and practical experiences, but remember that the amount of this that you embrace and take with you is up to you entirely.

Think about it this way. You are a young child learning basic arithmetic and you love it. You enjoy it and you are pretty good at it. Numbers relate to you, and you relate to them. Then at about age ten you accidentally pick up a book on calculus, Lorentz transformations and the mathematics of wormholes. Do you freak out and throw arithmetic away or do you (probably with some good parental advice) decide to let life take you ahead step-by-step and see if you quit at high school algebra or decide to take on advanced maths and think of partial differential equations as old friends?

Dealing with something as atypical as adult babies and regression can be the same. You take on board what you need and want and ignore the rest. There might be a lot in here that you will ignore and that is fine. The topic is broad so just go on an adventure and see what you think and feel. If you are honest and serious, the outcome will be great whether you settle for basic algebra or are vying for the Fields Medal.

Enjoy your journey with the person you are or the partner you are connected with. At least, you know life will never be boring! That I can promise you.

CHAPTER ONE: A GENTLE BEGINNING

You didn't expect this, did you?

Maybe you found a baby bottle tucked in the back of the cupboard. Maybe it was a pacifier in a drawer, a little outfit that didn't make sense, or a conversation that suddenly became quiet, nervous and unexpectedly vulnerable. Maybe the person you love looked you in the eye one evening and said something like, "There's something I need you to know..."

And now you're here. That statement could be the harbinger of many things – an adulterous affair, an admission of an action that they regret or worse. But this one is different. It is unusual, shall we say.

Let me say something before we go any further: you're not wrong for being confused, surprised, or even overwhelmed. Most people have never even *heard* of adult babies. Fewer still know what it truly means — not just what the internet says or what a joke in a movie might have suggested. The truth is gentler. Much more human. More loving, more emotional.

And so is your partner.

This book isn't about cold facts or clinical definitions. It's about hearts - soft ones. Needful hearts. It's about people who feel things deeply and need to be held — sometimes literally. It's about those moments when someone you care about shows you a tender, fragile truth and trusts you not to laugh, walk away, or try to fix it.

That's what an adult baby is doing when they show you this part of themselves: they're asking you to see them as they really are, under everything.

Let's take a breath together. But it's not just about them. It is also about you and your feelings, your reactions. It is about *their* responsibilities as much as *yours*. This isn't all give and no take. Like every working relationship, it is a mix of giving and receiving. How that works out in practice is the true secret to a successful relationship that manages the bumps and hurdles. And make no

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mistake. This is a hurdle, but it could be worse. They could be admitting to being a serial killer. But instead... well, you know the rest.

Say what? Tell me that again.

You may be wondering, “But why? Why would someone want to be a baby again?”

It’s a fair question to ask. The answer isn’t one-size-fits-all. But let me give you the kind of answer a loving caregiver or partner would give, not a scientist or a stranger on a forum.

Some people feel safest when they’re small. Yep, it is perhaps just that basic. Some people never *had* the comfort and safety they needed as a child. That is unsettlingly common. And some have carried the weight of the world for far too long and are tired — just tired — of pretending to be big and strong all the time. And for others, the reason remains unknown and unknowable and that’s also okay as the reality is that knowing the why, is, in the end, largely unhelpful. The desire to be a baby remains. So, my first bit of advice here is: live the moment. Take charge of the day, not spend time investigating the past. Your future is based on the decisions you make today, not on some trauma or bad parenting in the past that you cannot fix.

Being an adult baby, for many, is not about escaping reality. It’s about finding the part of themselves that still needs gentleness. It’s about creating a world where soft things are okay. Where rules are kind. Where naps and cuddles and simple toys are allowed — not because someone is “acting like a baby,” but because this *is* their truth. At least part of it. Life can be harsh and unbending and babyhood offers an alternative and an escape. But it isn’t simply about escape. If it were, wanting to be a baby again would be a cheap thrill and a tawdry one at that. But to repeat, wanting in some way to be a baby again is about acknowledging an inner truth. Pop culture can refer to the ‘inner child’ in weak and often comical ways,

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but for the adult baby, that inner baby is well-known, often felt and desperate to be the ‘outer child’, not merely the inner version.

They may still pay bills, go to work, look after others, and make jokes at dinner. But behind all that, they long for the chance to be held — not metaphorically, not emotionally, but *really* held, wrapped in care and safety, as if they were small enough to be protected by someone stronger and softer than the world.

You might feel unsure. And you are more than right to feel that way. The honest truth is that wanting to be a baby again can seem weird, odd, strange and all of that. But your task is to go a bit beyond that surface response and seek actual truth. This can be messy and a bit confronting, but truth is like that. Truth will indeed set you free, but first, it will confront you and compel you.

You might ask, “Is this forever? Is this all the time? What does it mean for me?”

Those are fair questions. We’ll get to them, gently, in time. This is just the beginning.

Right now, all I ask is that you don’t try to fix it or push it away. Not yet. Just sit with the truth that your partner has shared something tender with you. Maybe it was clumsy. Maybe it was shocking. Maybe they cried or stammered or left it all unsaid and just hoped you’d notice the signs. These things rarely come out easily or polished. Like many great admissions, they come out raw and exposed and the initial reaction can be to run and hide from it. Don’t do that. I can guarantee this – and I’ve lived this in real life – that after the shock and surprise, you will find that what you thought you knew about adult babies was largely wrong. It was stereotyped and the one thing that is special about each and every baby, adult or newborn, is that they are unique and unpredictable.

But even if you don’t understand it, even if it feels strange, please know this: their need to be a baby doesn’t mean they are broken. It doesn’t mean they want to stop loving you as a grown-up. It doesn’t mean you are now responsible for everything, or that your life must change beyond what you can carry.

*Safe in My Skin:
Healing Shame, Embarrassment, and Guilt as an Adult Baby*

Safe In My Skin

by
Rosalie Bent

INTRODUCTION

In our social media feeds, we tell everyone how proud and happy we are to be ABDL, to be wearing and using diapers, showing off our prettiest baby clothes and perhaps sharing photos of our cribs and nurseries. But behind the smiles and happiness lies the more routine reality that we live as adult babies in crushing secrecy. We hide it from friends, family and even spouses. We do so because we are more than aware that reactions to adult babies tend to be overwhelmingly negative, even from people who love us. It's not fair or even reasonable, of course, but life is never that simple.

For the vast majority of adult babies, embarrassment is the big fear we face, that if we are caught out, we will be deeply embarrassed by it. And that is not unfair, as we *would* in fact be embarrassed. And underlying that fear of embarrassment is the shame of what we are feeling and what we are doing. Once again, that is not a fair thing to do, but our emotions don't always react logically... if ever. And then there is the guilt of doing things in secret and hiding them from those we love and life.

Shame, embarrassment and guilt are a potent force for a lifetime of emotional damage and baggage. We can't alter society's perceptions of adult babies, at least not in the short term, but we can control how we respond to the strictures that are in place in our lives. We need to be emotionally healthy, and that is what this book is about. Health. Emotional health, which, as we all know, also leads to physical health.

CHAPTER 1: UNDERSTANDING SHAME, EMBARRASSMENT, AND GUILT

Come here, little one. Sit down and rest. I know you've been carrying something heavy for a long time, and you may not even have known how heavy it was until now. You've come to this chapter because something inside you longs to feel safe, not just in your blankie or your bottle or your routine, but in your whole self. That's an important thing to want, and I want you to know, right from the start, that there's nothing wrong with you for feeling the way you do.

Many adult babies and littles carry feelings that are hard to name but even harder to sit with. Sometimes, when you're curled up on the floor with your stuffie or babbling to yourself in baby talk, something sharp creeps in behind the calm. Maybe it's a flush in your cheeks, a twisting in your tummy, or even a sinking feeling you can't explain. You might not know the words for it right away, but it's probably shame. Or embarrassment. Or guilt. These three feelings, so tangled and so familiar, often walk beside you like unwanted shadows. And the truth is, they're some of the most common companions on this journey of growing down.

Let's start with the deepest one: **shame**. Shame isn't just about something you did. That's simplistic. It's usually about who you believe you are. It's a feeling that creeps into the corners of your heart and says that you're wrong somehow, that your needs are strange, that if someone really saw the little you inside, they'd walk away. Shame doesn't shout. It doesn't announce itself with facts. It just leaves you cold, like something precious inside you is somehow too silly to be loved. Shame is felt in the pit of your stomach.

For many of us, shame began early. Maybe it started with being told to stop crying when you needed to cry. Or with feeling like you were too sensitive, too needy, too emotional, too silly. Maybe it was in the way grown-ups looked at you when you wet the

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Healing Shame, Embarrassment, and Guilt as an Adult Baby

bed, or the teasing you got when you still played with dolls long after others had moved on. No one saw what was going on with you, and you probably didn't either. These tiny moments built up over time until your inner being—your most vulnerable feelings—learned to hide. That's what shame does even as young children. It teaches us to cover ourselves, not because we want to, but because we've learned it might hurt not to. Hiding emotionally from others is unhealthy. It is one thing to hide personal secrets from others. It is another thing altogether to hide our true selves and identity. The former is simply wisdom; the latter is pain and anguish.

Embarrassment, though, is different. It doesn't live as deeply as shame. It arrives in sudden little flashes, like when someone walks in and sees you with your pacifier in, or when you catch your reflection in your baby dress and suddenly feel unsure about what you are doing as if the 'big' you sees the 'little' you and you feel embarrassed at what you see. Embarrassment is the red-tinged flutter of being seen, the sense that someone caught you in a moment that was supposed to be private. It makes you squirm, but it doesn't mean you believe you're bad. It just means you feel awkward, exposed. And that's okay. Everyone feels that way sometimes. It's a part of life.

The world is built to favour control, independence, and performance. When you step outside that and choose the gentleness of babyhood, when you let yourself regress, let yourself be small, helpless, and cared for, it can feel like you're doing something naughty or silly. But you're not. You're just letting yourself be real in a way many people are too scared to try. That's not shameful. That's brave. But it is still an issue when we cannot easily put our inner identity into our 'safe space'. We tend instead to put that hidden away.

And then, there's **guilt**. Guilt is quieter still, but it presses down in its own way. Guilt often comes after a moment of peace, after you've let yourself be little and safe, and then a voice arrives in your head saying, *I shouldn't have done that*. You might feel guilty

for taking time away from others. You might feel like you're asking too much from a partner or hiding too much from your family. Maybe you feel like you're deceiving the world by pretending to be an adult when you know deep down, you're still a baby to a significant degree. And that weight of feeling like you're wronging someone, even if you aren't, can be hard to carry.

But here's the truth I want to speak to you, and I want you to listen closely now. Feeling safe, little, and loved is not something you have to apologise for. Being cared for, or wanting to be, is not a crime. And needing regression, needing structure, needing diapers or dummies or a gentle voice—none of that makes you guilty. It just makes you a human being with unique and precious needs. Guilt only belongs where true harm has happened, and that's not what this is. What you're doing, the way you're living, is about comfort and healing, not harm.

Now, imagine this with me for a moment. Imagine you have a diaper bag—not just for things like wipes and toys, but for your feelings. Inside it, there are three heavy objects. The first is a cold, flat stone that presses deep into your tummy. That's shame. It tells you you're not okay. The second is a hot little coal that burns your hands the moment you're seen. That's embarrassment. And the third is a big, heavy book, filled with all the “shoulds” and “shouldn'ts” you've collected over the years. That's guilt.

What if we could slowly, gently take those out of the bag together? We won't throw them away just yet, as some feelings take time to say goodbye to. But maybe we can give the stone to someone who understands. Maybe we can cool the coal in a bowl of water and place it beside you without fear. And maybe we can close the big book for now and set it on a shelf, where it doesn't need to be read today. You're allowed to carry less with you on your journey through life.

This chapter isn't about fixing you, because you are not broken. This is about understanding the extra weight you've been made to carry, and learning over time to put some of it down.

The Hidden Drawer

by
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INTRODUCTION: THE HIDDEN DRAWER

You probably didn't plan for this.

You might be sitting quietly at night, alone in your room, heart racing, wondering why your thoughts keep returning to something... soft. A pair of panties. A silky nightie. A sparkly pink nail polish you saw at the store. Or maybe it's something even more confusing... a tampon, a bra, a dress hanging in your sister's closet that you can't stop imagining on your own body.

And yet, here you are, curious, stirred, maybe a little ashamed, maybe very ashamed, and maybe wondering if you're the only one who's ever felt this way.

You're not. Not even close.

Thousands, millions actually, of boys and young men have opened that invisible drawer in their mind and found it filled with unexpected feelings: desire, comfort, fascination, and especially confusion. That drawer might be stuffed with frilly socks and satin slips... or a hunger for something more: to feel pretty, to be small, to be cared for, or simply to wear what's considered *for girls*.

Some of those boys are straight. Some are gay. Some grow up to transition into women, although the vast majority do not. Some never tell a soul. Some grow out of it, some grow *into* it. But nearly all of them wrestle with the same questions:

Why do I feel this way?

What does this mean about me?

Is it wrong?

Will anyone understand?

This book is for you. It's not to tell you who you are, but to help you ask the right questions without fear; to help you understand why these feelings might be there, and what you can do with them; to show you that curiosity doesn't make you bad or unwell or anything similar. It simply makes you human.

We'll talk about why clothes, objects, and even the idea of being more "like a girl" can feel powerful or comforting to boys and

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men. We'll explore where feelings of shame come from, and we'll guide you through ways to express or manage these feelings in healthy, respectful, and even joyful ways, whether it's something you want to explore privately, share with someone, or just to understand more deeply.

This isn't a book that tries to label you or push you toward a certain identity. It's a safe place to land while you figure things out, because no one should feel afraid of what they're drawn to, or feel like they have to hide their true self just to stay safe or accepted by the rest of the world.

So let's open that *hidden drawer* together. Let's look gently at what's inside, and let's find a way forward that makes you feel stronger, not smaller.

You're not weird, you're not alone, and this book is just for you.

CHAPTER 1 : WHEN THE FEELING FIRST APPEARS

Maybe you don't remember the exact moment it started. Maybe it's been there for years, hiding in the back of your mind like a secret you didn't even know you even had. Or maybe it's something new, popping up recently and making you feel off balance.

It could have been something small, like noticing your sister's dress and feeling a strange pull to touch the fabric. Or maybe it was a private moment, when you found yourself staring at a pair of panties, wondering what it would be like to wear them. Maybe you caught yourself wishing you could paint your nails or wear a soft, silky shirt that you always thought was "just for girls."

Whatever it was, that feeling is real, and it's far more common than you might think, even if we don't like to talk about it, especially with others.

For many boys and young men, the attraction to traditionally feminine things starts quietly. Sometimes it's curiosity. Sometimes it's comfort from something soft, gentle, or beautiful that calls to you when the world feels too loud or too hard. Sometimes it's excitement, a little spark that makes you wonder about who you are beneath the surface.

It's important to know this: You didn't "choose" to feel this way. These feelings are part of you, whether you like it or not. And that's okay.

At first, these feelings can be confusing or even scary. Maybe you've tried to push them away because you think they don't fit with what other boys or men are supposed to like. Maybe you're worried about what your friends or family would say. Or maybe you're not sure if this means you're gay, or transgender, or something else entirely.

Here's the truth: There is no one way to be a boy or a man. And liking "girls' things" doesn't automatically mean you're any

particular label. It just means you're you... And your feelings deserve respect and understanding.

Some boys find these feelings fade with time, while others find they grow stronger. Some try wearing feminine clothes or using makeup in private and feel a new kind of freedom, while others keep their feelings secret and hold onto them quietly.

Whatever your story, it's a journey, one that doesn't have to be walked alone.

Later in this book, we'll explore ways you can safely and happily express these feelings if you want to. But first, it's okay to just notice them, to sit with the questions, and to be curious about yourself.

Because every story starts somewhere, and this is yours. You have a right to your own story, your own expression and your own individuality.