

An AB Discovery Article

Wrapped In Softness

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Wrapped in Softness: The Case for Nappies 24/7

On continence, identity, and the quiet courage of living honestly

There is a conversation happening in adult baby spaces that is whispered more often than it is spoken aloud. It concerns something most people outside the community would find difficult to understand, and something many within it find difficult to admit even to themselves. It is the question of wearing nappies not just as comfort, not just at home, not just at night, but all the time. Around the clock. Every day.

And not merely wearing them but using them. Truly using them. Letting the body do what a baby's body does, naturally and without effort.

This article is for those people. It is written without judgment, without the careful hedging that treats the desire as something requiring justification, and without the reflexive alarm that so often greets any honest discussion of what adult babies actually want and why.

The Fear Beneath the Nappy

Most adult babies who want to wear 24/7 carry a fear alongside that want. It sits underneath everything, a low, persistent anxiety that asks: *Is this too far? Am I crossing a line? Can I go back?*

That fear deserves to be named, because it is real. But it is worth examining closely, because much of it is not about the nappy at all. It is about visibility. It is about what other people will think. It is about the cultural story that tells us bladder control is the most basic marker of adult dignity, and that to relinquish it voluntarily is to relinquish the right to be taken seriously.

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That story is not true. It is a social construct, like most things that feel like natural law. And for adult babies, it is a construct that sits in direct conflict with who they actually are.

The Validation of 24/7

When an adult baby begins wearing nappies around the clock, something often shifts that they did not expect.

The constant low-level effort of *managing*, of monitoring bladder signals, of interrupting whatever you are doing to go to the bathroom, of maintaining the performance of adult continence, simply stops. And in its place is something that many describe not so much as regression but as relief. As coherence. As the feeling of inhabiting a self that fits.

This is not trivial. For many ABs, the gap between their inner identity and their outer presentation is a persistent, low-grade source of distress. The adult body does adult things while something inside remains, in some essential way, a baby. Wearing 24/7 closes part of that gap. It makes the inside and outside more consistent with one another. It is, in the deepest sense of the word, validating, which is to say it confirms something true about who you are.

Many who have made this transition report that their emotional regulation improves. That they feel calmer, softer, more grounded. That the background hum of internal conflict quiets. These are not small things. These are the conditions that allow a person to live well.

The Question of Continence

This is the part of the conversation that is most often avoided, and it should not be.

A significant number of adult babies do not simply want to wear nappies. They want to *use* them. Not as a deliberate act, not as a performance, but naturally, the way a baby does. They want the

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bladder's signals to fade into background noise. They want to wet without thinking about it, without deciding to, without the awkwardness of deliberate release. They want, in short, for their body to reflect their identity.

The technical term for what happens when someone stops consciously holding their bladder, when the trained habit of continence begins to relax, is *incontinence*, but that word carries a clinical weight that misrepresents the experience for us. For an adult baby pursuing this intentionally, it is not a medical condition happening to them. It is an alignment they are actively, consciously, willingly moving toward.

What actually happens, physiologically, when someone wears nappies full-time and stops trying to maintain continence? The conditioned response weakens over time. The body, no longer receiving the signal to *hold* and acting on it, stops defaulting to holding. This process varies considerably between individuals. Some find it happens gradually over weeks or months, while for others it takes longer, and some degree of voluntary control remains indefinitely regardless. The body is not a machine with a single switch. But for many, the arc is real and meaningful: reduced urgency, reduced conscious effort, and eventually a more natural, reflexive relationship with the nappy that mirrors, in a physical and felt sense, genuine babyhood.

This is what many adult babies are hoping for when they commit to 24/7. Not just the garment. The experience. The full physical correspondence between the body they inhabit and the baby they are.

Living Honestly

There is a kind of courage in this that is easy to miss.

The adult world is organised around the assumption that everyone manages their bladder consciously. Public bathrooms, work schedules, social expectations... all of it presupposes a

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particular relationship between body and will. An adult baby who chooses to live differently is stepping outside that assumption, which means navigating the practical and social landscape with care, discretion, and considerable self-possession.

Those who do it report that what waits on the other side is not humiliation, not shame, but something closer to peace. The nappy becomes simply part of how they exist in the world, unobtrusive, comfortable, and quietly, profoundly right.

That peace matters. In a culture that offers adult babies very little room to exist honestly, finding any configuration of life that permits genuine self-expression is precious. Wearing 24/7 is, for many, the closest they have ever come to living as who they actually are.

A Note on Practicalities

It would be dishonest not to acknowledge that 24/7 living requires practical thought. Good nappy choices matter, both for comfort and discretion. Skin care becomes important. Keeping the skin healthy with appropriate creams and barrier protection is not optional. Hydration should remain good. The instinct to drink less to reduce wetting is counterproductive and hard on the body.

Social navigation takes planning. With the right products, 24/7 is more practically manageable than many people assume, and for those with a carer or partner involved, the logistics become considerably easier. Many who do this full-time report that after a settling-in period, it becomes simply part of daily life, unremarkable, comfortable, and no longer at the forefront of their attention.

Conclusion: The Worth of It

Many adult babies spend years quietly wondering whether their desire for nappies 24/7 is worth the risk. Worth the

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vulnerability of admission. Worth the practical complexity. Worth the change.

The honest answer, drawn from the experience of those who have made that choice, is almost always yes.

Not because it resolves every tension in the AB experience. Not because it makes the world suddenly simple. But because living in greater alignment with who you are, inhabiting a body and a daily experience that reflects your inner truth, even partially, even imperfectly, is worth something profound.

The nappy is not a symbol of failure or regression in the pejorative sense. It is not something to be tolerated or hidden behind euphemism. For an adult baby, it is, at its best, an honest expression of self. Wearing it all the time is, for many, the fullest version of that honesty.

And honesty, even the quiet domestic kind worn beneath your clothes, is always worth something.

Written for the adult baby community, with respect and warmth.