

Age Play Questions

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1. How do you identify?

ALYCE

Demisexual non-binary Middle

@DANGERMUSEKINK

I consider myself constantly evolving. I don't like labels but I'd say ABDL and submissive are the ones that apply to me most consistently.

GRIZZLYNC

I identify myself as a caregiver, and I say "caregiver" and not specifically "daddy" because I think that being a caregiver fulfills not only the daddy role, but also other caregiver type roles such as being a babysitter, guardian, and big

PERSONALIAS84

I'm a Little. Specifically, an AB/DL (Adult Baby/Diaper Lover) Which, I think, falls under the Little umbrella. I'm definitely more of an AB than a DL, and I also think of myself as "Little".

WBDADDY

big

@YOURSFTBBYGIRL

I think I'm mostly a middle but I have some little tendencies.

2. Would you consider yourself a Batman or Superman?

Batman: considers Age Play a way to let loose and break free from adulting for a while

Superman: considers it not necessarily Age Play because it's just who they are 24/7

ALYCE

Batman

@DANGERMUSEKINK

I've never heard this before. In the immortal words of Michael Keaton, "I'm Batman." XD

PERSONALIAS84

I'm Superman, but due to my own introversion and anxiety, I tend to wear the Clark Kent glasses far more often than the Superman cape and big red S

@yoursoftbbygirl

This is not something I do for fun or release. It's who I am. So Superman.

3. What indicators did you see in yourself before you embraced the fact that you were into Age Play?

ALYCE

I've always had toys and color books. I've always had a child's curiosity

@DANGERMOURSEKINK

I was almost always into diapers. I tried one of my sister's on when I was maybe 6 and from there it was kind of like an addiction. A lot of ABDLs go through what's called the binge/purge cycle in dealing with the shame of being different and of liking something that even in the kink community some people just can't handle. I was about 16 and I'd been on the internet for a few years by then and had figured out I wasn't alone, when I finally said "this is part of who I am" and started working towards acceptance, but I'm still on that journey.

GRIZZLYNC

Before I found myself being a part of the CGL community and becoming a caregiver, my relationship type was always protective and caring, just like a daddy should be so when I came to terms that I liked being a caregiver, everything felt really natural and normal to me like this was something I was meant to always do.

PERSONALIAS84

I didn't even know that Age Play existed until I was well into college. I led a very sheltered life and the internet was just really starting to take off, and thought I was only person with "little" tendencies before I found out about it.

In SO many cartoons growing up, there's at least one episode where the main character gets regressed or is treated as a baby. Those were always my favorite, and I was always a bit sad at the end of the episode knowing that things would go back to normal by the end.

Needless to say, I saw Rugrats and was very much "THAT'S THE TICKET!"

I always wanted to play "the kid" or "the baby" when playing "house".

I was obsessed and only stopped talking about (what I now think of) as regression when I learned to read the room and found that my peers were not thinking it was "funny" or "cute".

WBDADDY

That's a long story, probably better suited for a conversational interview as opposed to on air.

@YOURSOFBBYGIRL

I didn't see it. A mentor pointed it out to me but as soon as I got past the "it's incest or pedo" reaction, everything clicked into place.

4. Did you have any difficulties with past vanilla/non-age play relationships because of how you identified?

ALYCE

Yes. A few ex's tried to be my caregiver but they wanted to be a little so I was mostly a cg instead of being the little/Middle I am

@DANGERMOURSEKINK

Absolutely. It's held me back in dating when I was in my teens and 20's. I'm single in my late 30's and I think I'm at a point where I only want to date kinky people because having the conversation from the beginning with someone who is extremely vanilla doesn't appeal to me. I want to at least feel like my partner is open to kink on some level.

GRIZZLYNC

In past relationships, I have struggled with coming forward to my significant other(s) about CGL because there was always a big fear of being rejected or looked at differently for how I wanted the relationship to change. It was also very hard for me to come forward because of the multiple outcomes that could possibly happen when telling them about it such as the relationship ending early or them outting me in front of co-workers and mutual friends.

PERSONALIAS84

There was a point in my life where my age play interests were very much a "take it to my grave" situation, and it deeply affected me on a personal and emotional level.

I had a friend who was living his best life and was very open about his activity in the Furry community. Our mutual vanilla friends teased him endlessly about it.

I considered telling him about my own interests, not as an invitation to play, but as a form of commiseration and sharing. "Hey you've got a kink, I've got a kink, and now we know this about each other. Neat, huh?"

Before I even got the courage to bring it up, he got drunk one night, and went on a rant about Babyfurs. I pretended to not know what those were, (i TOTALLY knew what those were. DUH!) and heard him describe Babyfurs and Adult Babies/Littles in most unflattering terms. Needless to say, that hit me hard.

Another friend who I found out he was a Daddy Dom, (fun story there), and when I talked to him about it, I once again feigned ignorance, and found out he was more into Leather/Rigging/BDSM than ageplay. (Which is fine, this was going to be another one of those sharing experience.) I said I JUST googled "Daddy Dom" and asked if he was involved in age play because that's something that keeps popping up in association. The urgency and disgust with which he responded in his "no no no no no", caused my own self-loathing to flare.

I've got a friend who one day brought up Age Play things (but not by that name) and declared that anyone into that was a pedophile. 'For the sake of argument', I said, "Who cares? Everyone involved is a consenting adult. It's just adjacent to the whole 'Sexy Schoolgirl Outfit' which is so cliché these days it's practically mainstream." She was adamant that I was wrong, and that these people were pedophiles and wanted to abuse children. Needless to say there's a secret about myself that I was never going to share.

On the other hand, I've had instances where my shame and paranoia was completely unwarranted. When my girlfriend found out about my age play interests, it was completely by accident. She was completely Vanilla. (Should have remembered to "x" out on my computer)

We fought, but it had nothing to do with my interests. She was upset that there was a part of myself that I was keeping from her. I then went about telling her what I knew and what I was interested in, and these days, she's my wife and Mommy/Caregiver and has been the one to steadily push me out of my shell.

WBDADDY

Oh, you have no idea...

@YOURSOFTBBYGIRL

No

5. If you were the creator of a theme park called Littles World, throwing a huge Middles Party, or are a Caregiver running a daycare center, what activities would there be to make people's eyes light up?

ALYCE

Coloring corner, Cupcake decorating, a quiet book corner

@DANGERMUSEKINK

This is tough. I'd use forced perspective to create the illusion that people are smaller than they actually are in relation to the décor to help foster little space. I'd have activities and toys for a broad range of ages and I'd want to create a sense of normalcy and belonging.

GRIZZLYNC

I like to consider myself a not-so-serious caregiver that likes to have fun and be silly, so if I was a caregiver put in charge of running a daycare center I would organize a huge field trip from the daycare to an arcade so there would be lots of different activities and games to fit each littles/middles personality

PERSONALIAS84

Assuming I have an unlimited budget and complete control of the environment with perfect vetting and rules to ensure safety and consent:

-Hire Professional Caregivers and Staff. Just having people who talk to you as a Little is amazing for immersion and head space and is incredibly "normalizing" in a very affirming way.

-Scaled up furniture. I've been to several age play conventions and a constant feature is scaled up "baby furniture". Giant trikes. Giant Cribs. Adult sized ball pits. Huge Rocking Horses.

-Tons and tons of toys. One of the benefits of Little play is many of the materials can just be bought at a Walmart. Toys (not sex toys, just toys) can be a big part of head space, and I've known Littles who engage and take extreme pleasure in such simple activities as coloring or play-doh.

Sensory play such as finger painting or shaving cream is also easy, innocent, and delightful.

-A variety of activities regarding structure: Some Littles love being let loose in a play room, breaking out the blocks and then just going to town with complete unfocused freedom. Others have their experience best served by having a Big/Caregiver guide them.

Something I do at my own play parties is I create a schedule. At 8 O'Clock, Mommy So-And-So is going to be doing make-up and face painting. All guests are welcome to join her OR continue playing in their small groups or by themselves as they feel led and comfortable. At 9:00, Daddy Insert-Name-Here is gonna read a story. Grab your stuffies and cuddle up if you'd like.

-Feeling powerless and lack of agency is also an aspect of Age Play, and so an impact room or a "Dark Age Play" area is also on the bucket list. Age Play is a very wide spectrum of practices. Sometimes it's soft and cute and cuddly. Other times it's being bent over and spanked and humiliation play.

Of course it varies from individual to individual. One person's chocolate is another person's castor oil, so the trick is providing space to include as many aspects of play as possible and to make sure all attendees know what to expect, how to engage safely in the play they want, and how to avoid experiencing or witnessing the play they don't.

WBDADDY

Body painting would be a big one. Big huge rolls of butcher paper, gallons of finger paint, just dive right in and make a mess!

@YOURSOFBBYGIRL

Coloring of course! Video games. LEGO. Play dough. Tea parties. Cooking with Daddy is also super fun.

6. Could you see yourself switching or covering multiple roles (little/middle AND caregiver)?

ALYCE

Yes. I did it for years but only once I feel like I know the other person.

@DANGERMUSEKINK

Absolutely for the right partner, but never in a situation where I'm the big all the time.

GRIZZLYNC

Currently, I am mostly interested in fulfilling and continuing being a caregiver but I would not completely close myself off to the possibility of switching roles and being a little/middle under the right circumstance. My motto is: Nothing is impossible in the world of BDSM

PERSONALIAS84

I know switches and caregivers, and academically I understand what people get out of those roles, but emotionally something just doesn't compute for me. In my perfectly unrealistic world, I'd get to be little 24/7 and be perfectly and selfishly submissive all the time.

WBDADDY

Not really. My little and I switch mostly when Daddy is having a bad back day, though she sometimes wrangles me into a diaper when I've had too much to drink

@YOURSOFTBBYGIRL

As I said, I'm both little/middle. And I do have some cgl behavior. It's important to me that Daddy is well cared for. But I'm not a switch.

7. Is there anything unique about how you view/embrace Age Play?

ALYCE

I have multiple disorders/illnesses so my ageplay is to get rid of the feeling from them.

@DANGERMOURSEKINK

I doubt it.

GRIZZLYNC

Age play is special to me because I have learned to embrace it as a completely new and far more intimate way to be with someone. Being able to be a caregiver for someone is such a big honor and blessing because you have to understand that your little one(s) is/are essentially trusting you with their most vulnerable and sacred selves and something about that makes you value how unique CGL relationships really are.

PERSONALIAS84

I'm a writer, and I write Adult Baby fiction. It's all very fantastical and not even close to realistic fiction. I bring this up, because the greatest compliment my readers can give to me is about how my stories aren't kinky stories with fantasy and sci-fi elements, but instead are Fantasy and Science Fiction stories with Age Play and Little themes woven throughout.

That's because in some regards I don't see Age Play as kink and taboo as much as just another genre to work with and work in.

Also a point I'd like to bring up is that many age play stories are essentially non-consent fantasies and forced regression stories, and I think there can be a deeper underlying issue that that stems from.

Here's a link to something I wrote on the subject.

Horror Porn - <https://www.deviantart.com/personalias/journal/Horror-Porn-693513168>

I don't typically lose too much vocabulary when I'm in Little Space, I don't start babbling or lose any major abilities, (save maybe potty training) I think. But then again I was a precocious, and talkative kid as far back as I remember. I was identified to go into the Gifted program as early as Kindergarten because of my vocabulary, and my parents told me stories about how even baby baby me (less than a year) would identify the letters on my alphabet blocks.

So I don't lose words because as far back as I can remember, I've always had them, and so NOT talking even though I'm 2ish just feels less natural to me and more like "acting".

I also have a lot of career knowledge about different states of childhood development and psychology and trying to do any kind of accurate representation just sends me right into acting mode and out of head space and it's a chore and not fun and big me and little me just get grumpy.

Instead I just go "rugrats". (Another developmentally unrealistic show, and no, I'm not talking about how they didn't age.) I talk when I feel I need to. I crawl when I want to. I toddle other times. I go bottle or sippy cup. Whichever is handy. I can finger feed myself or need spoon feeding. Sometimes I can use a fork, yada yada.

Bottom Line: I try not to get tied up in the details and just enjoy the feelings and emotions I'm experiencing.

WBDADDY

Unique? Not really, other than the combination of components. Humiliation is a big one for me, but I'm also really into the intimacy of caregiving and the intensity of the emotional exchange.

@YOURSOFBBYGIRL

I think we all take ddlg and make it our own. It shouldn't look the same for everyone.

8. What's the biggest Age Play misconception we need to crush? I know pedophilia is one, but is there another?

ALYCE

That the age player is a child and they don't need children

@DANGERMOURSEKINK

I think we need to squash the idea that all age players or ABDLs or whatever live as the media portrays us. The media thrives on sensationalism and can't be trusted to accurately portray the way we live. We're adults with careers. Some people live the lifestyle 24/7. Many of us don't and just find it a way to relax. Just as there's no one way to pursue any other activity, there's no one way to approach age play.

GRIZZLYNC

A misconception about age play we need to crush is that age play does not equal laziness or the inability to act as functioning as adults. I think a lot of people watch documentaries/videos about CGL and CGL relationships and make assumptions that all littles/middles do all day is stay in their headspace. This is particularly harmful because it gives outsiders the idea that age players are not productive citizens that contribute to society.

PERSONALIAS84

There's an unhealthy amount of gate keeping in the Age Play community. I've seen lots of "One True Way" mindsets, and that if you're not doing something EXACTLY as prescribed, then your identity as a little, middle, or big is less valid for some reason.

Not all Littles wear diapers. They're still very much Littles.

Plenty don't live the lifestyle 24/7, either because they can't or such a lifestyle would be too extreme for them. They're still just as valid as any one else interested in this facet of life.

Some practice other types kink. My friend Rahh was featured on the mummification episode, and they are very much Little, as far as I am concerned.

At a convention, my Mommy didn't want to carry around her purse AND my diaper bag at the same time, so I toted the bag around for her. Perfectly reasonable. Good communication. For some reason a know-it-all didn't think she was being a particularly good Mommy and wasn't "really" into the Age Play scene. She totally was. She was just communicating her needs to me, and I was being a "good little helper".

There is no "one true way".

Also, there seems to be a dangerous level of false equivalencies with regards to sexual and gender identity within Age Play, especially AB/DL. There's a disturbing amount of anxiety and self-loathing within the community, and there's long been a false equivalency that AB/DL problems are somehow on a level with LGBTQIA+ problems.

They are NOT. Not even close. There have never been laws saying that I can't get married because I like to cuddle teddy bears and drink from bottles with rubber nipples.

As a cis-gendered heterosexual man, I do not think that it's my place to talk about further it other than to say that this mentality is toxic and damaging to all involved, and I'm happy when I see signs that this mentality is fading out.

From an outsider looking in perspective, I'd also just suggest that Littles are adults no matter what. Their consent matters, like anyone in a sub dynamic. Their feelings matter. And they are very capable of being fully functioning adults and should be respected as such.

WBDADDY

The idea that interest in age play is predicated by emotional trauma in childhood. That stereotype grinds my gears in a big way.

@YOURSOFBBYGIRL

That littles are selfish, unintelligent and immature. Lies.

9. PERSONALLY IMPORTANT QUESTION: Have you ever heard of Age Play in the opposite way? Like instead of being younger, being older? Because I'm trying to tell Brown Eyes that whenever we pull Age Play for Layered Kinks, or we do an Age Play: Let's Try It.. I call dibs on being about 80 and I need him to get with it!!

ALYCE

Yes actually ^_^ even time age play where they are from 1950s ^_^

@DANGERMOURSEKINK

It absolutely exists, but I don't know a lot about it. There's an Elderly Age Play group on FL.

GRIZZLYNC

This made me laugh, but not I haven't. You (Kitten) are the first person I've heard of reverse/opposite age play from and I think it's an interesting concept that at the least I would like to see playout.

PERSONALIAS84

Absolutely I've heard of it. On the now all but dead website ARArchive.com there were stories and roleplay scenarios including Age Progression as well as Age Regression.

Regression involves the feeling of recapturing something that you've moved on from in many instances.

Progression, as best as I can explain it, would involve fast forwarding to vulnerabilities and mindsets that you haven't yet experienced for yourself and may not yet be ready for, thus upping the intensity of the play on an emotional level.

If you were going 80; I could see capturing the mindset of impending mortality, of many years gone by and lost opportunities; of your body starting to betray you and break down. It's potentially helpless like with Little and AB play, but also much darker. Many times the elderly are disregarded or infantilized in their own way, being seen as mentally infirm or irrelevant.

In many Western cultures, after you peak, there's nowhere to go but down, and many needs for the elderly are eerily similar to the needs for the very young, but without the cutesy facade out of a desire for dignity.

Yet from an emotional standpoint, I could also see having that same timeless and sweet nurturing love that an old married couple has for each other.

WBDaddy

I... don't even know how to respond to this. XD

@YOURSOFTBBYGIRL

No. But why not? 🤖 to each their own.

10. What dangers do people who participate in Age Play need to look out for?

ALYCE

Fakes

@DANGERMOURSEKINK

Largely the same as anyone in the kink scene, I think. You can't afford to just check out completely and take for granted that your caregiver will take care of you. You should employ safewords as needed, vet your partners carefully.

I think one thing specific to age play to be watchful of is any partner who isn't interested in you outside of your little (or big) headspace.

GRIZZLYNC

Phonies, predators, abusers, the list goes on. Fake daddies/mommies are everywhere and I think the most targeted individuals are young and unknowing littles just entering the community who don't yet know what the warning signs and red flags are for spotting a fake daddy/mommy. Before anyone tries to move forward to pursuing any type of friendship, relationship, or dynamic with anyone else in the CGL community (or the BDSM community just in general, really) should take proper safety protocols such as vetting, setting boundaries, and trusting themselves if and when something feels off.

PERSONALIAS84

There are always going to be problem players, both in the dominant or submissive aspect.

Consent is always going to be key for all parties.

I suppose the most unique aspect and danger in this particular kink is the Binge and Purge cycle.

Often times, Littles filled with self-loathing will Purge and deny themselves things like toys, diapers, cute clothes, etc. etc. etc. Just throw it all out, promising themselves that this interest of theirs is over. This is often (most always) a lie: And then they'll binge and go overboard and re-buy supplies to indulge in their kink again....only to eventually reject themselves and throw it all away again.

It's not healthy and likely stems from a lack of self-acceptance, anxiety, and the whole misconception that age play is somehow connected to pedophilia. Even when you know it's not true, it can be difficult accepting yourself when you're imagining others, even other kinksters rejecting you for it.

WBDADDY

Same as any other aspect of BDSM, there are always predatory types seeking to take advantage of people who make themselves vulnerable. Age play has a unique vulnerability component, very different from other aspects of BDSM, and it's just as easy for a fake CG to take advantage of a little as it is a fake Dom/me to take advantage of a sub.

@YOURSOFTEBBYGIRL

The same as in any bdsm dynamic. There are abusers in the community. I always encourage other littles to reach out to me. I'm happy to talk.

11. No stone unturned. Is there anything we forgot to cover/ask?

@DANGERMOURSEKINK

There's a whole dark age play thing that I know next to nothing about but I'd love to hear from an expert.

Littles: How do people treat you as a little? How do you want to be treated?

@DANGERMUSEKINK

I want to be told what to do and also have things done for me. I want to give up most responsibility.

PERSONALIAS84

When I'm trusting people enough to take off Clark Kent's glasses, people treat me as a friend and as a small child. I get to let my guard down and speak without a filter and enjoy things that I've always enjoyed even after I was supposed to "grow out of " them.

It's wonderful

@YOURSOFBBYGIRL

Sometimes disrespectful because of the above misconceptions.

I want to be accepted for who I am. Live and let live.

Littles: What tips do you have for seeking a proper caregiver?

@DANGERMUSEKINK

Same as finding a spanking top or a Dom/me. Get out in the community, meet people, vet them. I would encourage people who can afford to/live in an area where it's possible to consider visiting a pro. Particularly when compared to playing with a vanilla significant other who's just doing it to please you, you may find it more fulfilling, as they are probably more experienced and equipped to help you achieve the headspace

PERSONALIAS84

Make sure that both you and your potential caregiver are getting what you want out of this relationship. If it's just someone to play with, both of you need to be up front about that and agree to it.

If you're looking for a more long-term relationship outside of play, make sure that both of you are compatible beyond just the CG/I dynamic, and know and like each other outside of the proverbial nursery. People are always more complex than just their kinks.

Because of the very emotional nature of this type of play, it's very possible to develop intense and attached feelings, and it can be very rewarding but also very draining. Make sure to communicate your needs to each other and respect one another's limits.

To Littles Especially: If you find a caregiver that you really connect with, it is very possible for you to still be accidentally demanding and draining on them despite your best intentions. Be emotionally supportive and ready to give them a break if they're communicating that they need some quiet time to stop being "Mommy" or "Daddy" or whatever.

@YOURSOFBBYGIRL

Be patient. I know it's hard but don't rush into a dynamic. Get to know each other first. A real Daddy will never push you.

Middles: Is being a middle like getting to go back and relive our teen experience?

ALYCE

I feel like it. As I was a teen I was forced to be an adult. So I get to be the nerdy teen I wanted to be

@DANGERMUSEKINK

I imagine it like Britney's "I'm not a girl, not yet a woman." I don't know a lot about middles but I think it's probably a term used to include age ranges between babies and adults. Could be teens, could be preteens, or it could just be relative to other players in a given scene. If we have 3 people and we're playing 2, 5, and 9, then the 5 is the middle. Maybe the 2 is topping, the 9 is bottoming. The possibilities are limited only by your creativity.

For me personally, I like the idea that at like 16 or 17 you think you're all grown up, but you're not. Even at 38 I look around for "adultier adults" who seem to have a better handle on this adulting thing than I do. Deep down I think we're all just winging it and hoping for the best. I have no idea if that counts as middling or not.

It's worth noting that "little" does not necessarily mean submissive. I feel like I know a lot of people in the Daddy Dom / Little Girl (DDLG) dynamic where she's the boss.

@YOURSOFBBYGIRL

I go back to what was popular then. Those cartoons. That music. I don't like the current stuff as much. And it helps pull me back to that girl.

Middles: Do you stick with what was in style during your teens, or keep up with the latest trends in fashion and music from today's generation?

ALYCE

Today's trends.

@DANGERMUSEKINK

I was never trendy XD. If I'm employing a little gender play though I'd want schoolgirl/cheerleader uniforms because as a boy I feel like I missed out XD

@YOURSOFBBYGIRL

I go back to what was popular then. Those cartoons. That music. I don't like the current stuff as much. And it helps pull me back to that girl.

Middles: What are the biggest ways being a middle differs from being a little? Is it a moody teen sort of vibe?

ALYCE

My little side is almost baby. She loves to color and her sooky cartoons. My middle side is very very calm loves to read and her mortal kombat. They to me are very very different

@DANGERMOURSEKINK

It probably depends on the scene and the players involved. As a middle I might have more privileges (and also responsibility) than a little. Or, if I'm playing with diapers as a middle, maybe I'm experimenting, maybe I'm being punished. If I'm playing that I "need" them, there could be humiliation/shame involved that might not be involved if I'm playing as a 2 year old you'd expect to be in diapers.

@YOURSOFBBYGIRL

For me, I'm more independent. More bratty. When I'm feeling little, I'm very needy.

Middles: How do littles and middles get along during Age Play?

ALYCE

Like siblings. Some like it some hate it

@DANGERMOURSEKINK

Depends on the players and the scene. Everything's up for negotiation. Either one could boss the other around.

@YOURSOFBBYGIRL

I think it's possible to coexist. The bdsm community seems to be very welcoming. I've gotten a lot of support from people I interact with on twitter. It makes me happier.

Caregivers: How would you differentiate between being a Caregiver and a Dom?

@DANGERMOURSEKINK

I think it's contextual to the scene, the people involved, and their dynamic, so I'm hesitant to make a distinction between them at all outside of specific examples.

For me, I think "caregiver" is an umbrella term for the player who is opposite the "little."

Cg/I includes all combinations of daddies, mommies, littles, and middles. We might be tempted to think that daddies and mommies would be the dominant partner or the top in these scenes / relationships but that's not always the case. Older littles could care for younger littles (or vice versa). You might have someone playing as a 2 pushing someone playing as a 3 around. Or you might have someone playing as

Veruca Salt and her father from Charlie and the Chocolate Factory, there's no question that he's a submissive daddy. He's not even a service top.

GRIZZLYNC

To me, being a caregiver and a dom are two very different roles that require different mindsets. As a caregiver, I am usually more silly, fun, and less strict with my little but when I am in a dominant headspace I am more serious and am less willing to have leeway for my submissive.

Caregivers: Is this role well suited for extroverts (people who gain energy be interacting with others) or do you identify as an introvert?

MOMMYDAISY

Well, to me, a Caregiver is a type of Dom. There's not much differentiation needed. I'm gentle and playful most of the time but I'm firm when I feel I need to be (although my little may not feel the same way!), so in my opinion it's the same as other types of Dom in that we adjust what we do to our own desires and the needs of our subs/littles. Full disclosure, ABDL was my introduction to the kink world as a whole, so I don't have experience with other types of Doms besides just occasionally watching people do their thing.

WBDADDY

This is a tough question, because lines blur. Some CGs and littles like participating in more traditional BDSM activities like restraints and spankings and much more. I tend to think of Dominant/submissive more as a catch-all, describing a spectrum of relationships that can range from M/s to CG/little, with all sorts of flavors in between. So CG = Dom, Master = Dom, Sadist = Dom, but they all land in different places on the Dom spectrum.

Caregivers: Is this role well suited for extroverts (people who gain energy be interacting with others) or do you identify as an introvert?

@DANGERMOURSEKINK

I feel like I know a number of introverted Dommies. You likely aren't dominating a whole crowd of people at once. It's 1:1 or maybe 2:1 (in either direction). What exhausts me as an introvert are large gatherings of people or people who drain my energy by their inability to have real conversations. But if we're connecting and vibing, I'm good for hours. Nurturing types might do well in this role but sometimes I don't want to be nurtured. Sometimes I want to be punished. Try everything and see what feels best to you, and don't assume that the outcome of one experience (good or bad) means that something you tried is/isn't right for you.

GRIZZLYNC

Introvert all the way! I think the role can be fulfilled by anyone for different reasons. I think that my being an introvert helps me relate to my little more and grow closer to them by means of having an interpersonal relationship with them, which introverts are more well known for.

MOMMYDAISY

I'm definitely an introvert! Most of my interactions with my little are at home, and I'm fortunate enough to be married to my little, so I can do all of this from the comfort of my own space. Because of my job and the fact that I have an actual child who is too young to stay home alone, I don't get to many munches or public gatherings. It can get a little bit lonely but for the most part that suits my needs well enough. We do host parties on occasion, and sometimes during those gatherings I withdraw for a bit because, well, I need to do that in order to function. Same with cons, like when we recently went to CAPcon. That requires a good bit of communication and trust with my little because he is much more social than I am, and I don't want to keep him from enjoying himself with his friends simply because I'm needing some quiet time. I work hard on letting him know my needs as well as my expectations for him and his behavior. ;)

WBDADDY

Ultimately, the desire to care for your partner as a parent-type is the only pre-requisite to being a CG. You do you, and you and your partner do you, and if it works for you and your partner, then it's all good.

Caregivers: Do you have children? If so, do you ever feel like, "Ugh, I just got the kids to bed and now my little/middle wants my attention. I'm tired!!"

MOMMYDAISY

Not only do I have a child, but I am also a teacher. Caretaking is literally my life! Again, I find that this comes down to communication. Sometimes I'm completely tapped out, and when that happens, I try my best to communicate that without hurting my little's feelings. Most of our mommy/little time is scheduled anyway- again, my job and child necessitate this- so we both have plenty of time to get ourselves into headspace. We have a code word for when we want to schedule some private mommy/little time, and when that is invoked, we don't cancel it unless something major happens, like a family emergency or one of us falling ill.

WBDADDY

My first D/bg relationship happened when my son was 16 and splitting time between my house and his mother's, so while I can sympathize with this, I cannot speak from my own experience. Though my son pretty much knew what was up in spite of us trying to hide it from him.

Ultimately, the desire to care for your partner as a parent-type is the only pre-requisite to being a CG. You do you, and you and your partner do you, and if it works for you and your partner, then it's all good

Caregivers: What's the best way you've found to make your little/middle feel cared for?

@DANGERMUSEKINK

Communicate, the same as in a vanilla relationship.

GRIZZLYNC

At the end of the day, I feel like most littles would rather do without their bottles, stuffies, toys, and

everything else and just have their CG there for them than to be without their caregiver, so the best way I make my little one feel cared for is by simply being there for them when they need me to be.

MOMMYDAISY

He recently told me how much it means to him when I get down on the floor and play with him, as opposed to just sitting and watching, so I'd say things like SCIENCE! and building blocks or just goofing around with him in headspace!

WBDADDY

Interaction is everything. We interact all the time. We play online games together. We watch movies together. We both work from home, so proximity and interaction are fairly constant. Caring is about taking interest more than anything else. We're both cuddle-bugs, so that obviously helps, but what happens between cuddles is what really matters.

PERSONALIAS84

I have a deviantart where I post many of my AB stories as well as a Patreon where I create even more stories!

<https://www.deviantart.com/personalias>

<https://www.patreon.com/personalias>

RAHHS WRITING

<https://fetlife.com/users/1115171/posts/3741958>