

BABY STEPS

A Guide in the Life of an AB/DL



Baby J.p.

This book is dedicated to: The AB/DL Community

It is because of you that I am still here today. You gave me hope when I felt hopeless. You comforted me when I was in despair. You offered your love and friendship and asked for nothing in return.

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What is Age Play

Age Play is a broad term for the fetish community that encompasses AB/DLs, Littles, Caregivers, and Mommy/Daddy play. Just to be Clear, AGE PLAY HAS NOTHING TO DO WITH CHILDREN. It is not a mental illness or disorder. What it is can be described as a sexual fetish or form of kink play that encompasses an interest or attraction to mentally regressing to a simpler time in life and reliving a part of your childhood. Some Age players are into wearing diapers, in some cases using them, perhaps dressing up in adult-sized baby clothes. The play concerning diapers is referred to as AB/DL. AB/DL is an acronym that stands for "Adult Baby/Diaper Lover." It is no different than a BD/SM (50 Shades of Gray) Leather or Rubber fetish. The activity harms neither the participant nor anyone else in society.

That being said, the fetish may not be considered "normal" by what society says is normal, but it is no body's business what people do with their private lives. The Age play community is a large and diverse group of adults ranging from any career path from doctors, lawyers, independent business owners to what would be considered entry level positions in society. Every kinkster may have varying interests and attractions in regard to play. Not all Diaper Lovers have interests in the Adult Baby aspect of play and there are some Age Players that have no interest in diapers as well. Some age players are not into regressing and may in fact prefer to take on a care giver or Mommy or Daddy role. The fetish isn't exclusively a sexual one. Many participants receive no sexual stimulation from the activity but may find comfort or stress relief. It is different for each and every person.

We hope this brief overview has offered an insightful, and respectful understanding. People tend to fear what they don't know or understand and learning that a loved one is an Age player can be difficult to understand, but the important thing to do is maintain an open mind, remember that the activity in no way involves children or minors. The person isn't mentally ill, and this in no way hurts them or anyone else. If Age play isn't your thing that's okay. If everyone were only into the same "normal" things then the world would be a dull place, but if there is any advice we can give it is to try to understand and accept that person for who they are. If Star Wars taught us anything is the "Fear leads to Anger, Anger leads to Hate, Hate Leads to Suffering" and people always fear what they don't know.

PART I: The AB/DL Lifestyle

(Need intro to the Waddler's Lifestyle)

Chapter One: AB/DL Recommended Starter Set

So, you are interested in buying your first AB/DL gear? As a member of the community for over 20 years, let me make a few recommendations based on my experiences and expansive collection of gear myself.

The Baby Set – Cost \$100 - \$150

- Diapers
- Paci
- T-shirt/onesie

Diapers

Firstly, every baby needs diapers... and although there are a ton of AB/DL printed diapers on the market, all the cuts and measurements are not universal, and they are pricy... I personally recommend **Northshore Megamax** for all first timers. There is no better diaper for the price on the market. A pack of ten will run between \$33.50 - \$45 depending on where you get them. Northshore has an excellent website and quick shipping, but you can also purchase Megamax on Amazon at a higher price. The colors come in White, Black, Blue, Pink, and Tie dye currently.

If you are into super thick diapers that last over 12 hours you can add an addition of boosters. They are diapers without an outer shell that will soak through. Northshore and various other companies sell boosters that slip inside the diaper that add more thickness and the “Waddle effect.” Boosters depending on the size and make can be around \$17.00 - \$35.

Paci

When it comes to Pacis, you could get a toddler’s Nuk 5 from any local baby aisle, but for a few bucks more you can get an adult sized paci. My recommendation is from **My Inner Baby** they sell several large sizes for various price ranges. My personal favorite is the size ten which sells for around \$20.00, but there are larger sizes for additional costs. Adding a Paci clip is a fun addition that adds to an outfit.

Onesie/T-shirt

There is one company I recommend above all when it comes to a Onesie or Romper and that is **Onesies Down Under**. They sell some of the best onesies out there and the sizes are very forgiving as they can stretch quite a bit. It is important to use the size chart when ordering and I recommend adding an inch or two for the average diaper. Their prices are fair for the quality and there are frequently sales and items on discount and clearance. You can find a onesie for roughly \$30-42.00.

If you are a baby on a budget the easiest thing to do is wear a t-shirt and adopt the “Tommy Pickles” look. I recommend getting a smaller sized T-shirt than what you normally wear if you want your diaper on display. A solid color is one way to go, but

there are also “nostalgic graphic T-shirt” options available at big name stores such as Teenage Mutant Ninja Turtles or Sesame Street.

Once you have your AB/DL basic attire there are always ways to improve your toddling look and add to the growing wardrobe.

The Toddler Addition – Cost \$170-\$180

- **Shortalls/Skirtalls**
- **Knee high socks**
- **Velcro Shoes**

Shortalls/Skirtalls

The shortalls/skirtalls look is the classic in the AB/DL community. My personal recommendation are the denim shortalls or Skirtalls from **Tykables**. They cost \$80.00, but the quality and the fact that they open at the crotch for diaper changes (Shortalls) the price is more than worth it. They also will not hide the onesie you are wearing but to the contrary will feature it.

Knee High Socks

Knee high socks are a great and yet cheap addition to the AB/DL look. They can be acquired anywhere clothing can be purchased. I am personally a fan of Amazon due to selection and options. Socks can be found for a few dollars or more depending on the make and quality.

Velcro Shoes

Shoes may not be an item many AB/DLs think about but for me my shoes are one of my favorite clothing items. Sure, any sneakers could complete the look, but if you want to feel really little, nothing will make you feel that more than Velcro only sneakers and I am not talking about your grandpa’s orthopedic shoes. **Vans** has Black **and White** **or Blue and White Suede Canvas all Velcro Trainer sneakers** that I personally am on my fifth pair and wear everywhere except the gym as my daily shoes. I have always ordered my shoes on Amazon, and they will run you about \$80.00 depending on the size, but if the shoes are important to you these cannot be beat.

Chapter Two: All Things Diapers

This might seem like a waste of time to author this article because you would think a fetish concerning diapers, everything would be straight forward, but in my twenty years in the ABDL community this is something I get asked questions about the most. There are a wide variety of diaper options, there are numerous ways to prepare them, and there are also several tips and tricks that many AB/DLs like to implement so this article is going to go over the basics of everything.

I want to be clear; this is not going to be a review or an endorsement of any products or a particular diapering method. I merely intend to mention options, techniques, and products that some may not know exist. What works for some will not work for others. Some products may fit in an appealing way for a particular body type. It is possible that some AB/DLs are attracted to the materials the diaper is constructed. Given the diverse options and the various things that could be appealing to the wearer I am not going to cover specific brands.

I will say that my advice when trying out a new diaper is to get samples of a particular diaper you wish to try so you are not spending the money on a whole pack. Many companies offer a two-diaper sample pack. Another thing you can do if you attend AB/DL events or meet diaper friends is have a swap meet of sorts where you trade one or two diapers of assorted brands with each other to help experience different options and find something you like.

Diaper Types

Starting with the extreme basics there are two basic categories Cloth and



Cloth Diaper Options

Disposables. There are sub-categories that exist for both... for instance, cloth can be a terry cloth diaper that is pinned, snap covers that have cloth inserts, hook and loop, or the Japanese folded cloth with an outer cover that ties. Disposables could be considered even more diverse with products like pull-ups, plastic back, cloth back, medical, and even AB/DL targeted products.

All the diaper varieties and options exist to fit the needs or desires of the consumers. There are pros and cons to all... Cloth is expensive up front and labor intensive for clean-up but pays for itself in the long run and disposables can be cheap in the short term and is easy for clean-up, but very expensive in the long term, but this article isn't going to be focused on helping you pick one over the other. Just a broad overview of options.

Diaper Changes

Before you can wear a diaper, you must start at the beginning of putting one on and there are a few ways and products that can assist in that endeavor. I am not going to get into the age-old argument of which tapes you should do first or last... that is all personal preference. Using products like baby powder, lotion, oil, barrier creams or diaper rash ointments are all common. Again, like diapers it is highly recommended to test things out to see what works for you. Purchasing travel sized changing supplies is ideal when starting out and they are also perfect for a diaper bag when traveling if you decide to keep them and you can just buy larger versions for your home or nursery. A warning though: Be cautious when trying a new product as you do not want to have a bad reaction to a product in your intimate areas.



Diaper Changing Supplies

Products like baby powder and lotion not only offer protection from diaper rash, but also the act of applying them can be a powerful mood enhancer as not only the



Baby Powder Poof

sense of feel but smell as well. I personally like the smell of baby powder so much that I always have a scented candle in my nursery with the scent of baby powder. My recommendation when starting out is to use baby lotion rubbed into the diaper area and then add a light dusting to the inside of the diaper with powder. I personally also use a “baby powder poof” to directly apply powder to myself and I swear by using one.

Diaper Tips and Tricks

There are many tips and tricks that AB/DLs learn from others or from experimenting along the way. For example, when changing in public bathroom stalls some diaper wearers will implement what I like to call the “Stall wall” changing technique. What this entails is placing the back of you soon to be fresh diaper against the stall wall and then hold that in place with your back side. This will help free up your hands to pull up the front and help adjust the tapes easier.



AB/DL Changing Pad

Using products like changing mats is great and not only adds an additional layer to the diaper change experience but also serves a practical purpose. Many AB/DL companies like Rearz or Little Kink Boutique offer reusable changing mats. Medical companies also offer disposable ones as well. If diaper use and public changes are something that you will be involved in, I also recommend discreet disposal bags. These are small odor eliminating trash bags that are just for disposing of diapers in public. For advice on your daily carry diaper bags please see my

other articles concerning diaper bags.

Manual Fluffing

Diapers fresh out of the pack are stiff and the absorbency material is tightly packed or woven. This is perfect for shipping and packaging, but for most diaper wearers it is less than ideal. Diapers should be thick and poofy and when breaking that material up will also help to make the diaper more comfortable. To accomplish the sought after poof you need to “fluff” the diaper.

The act of fluffing a diaper is an amazingly simple one. You completely fold the diaper out then take hold of the diaper with each hand on either side of the leg guards and then your gently shake the diaper back and forth flexing the material and working your way from the back all the way up to the front of the diaper. This will break up the material and help provide the ideal poof.

Dryer Air Fluffing

The Dryer Air Fluffing method is the easier method to fluffing a diaper and you can in fact fluff several diapers at once, but you need to have access to a dryer machine to use this method. This is something many people do, just make sure you have zero heat on the settings, and you set the dryer to “Fluff.” The general recommended time to do this is between 5-10 minutes. I do recommend only doing this with one diaper to start just to make sure the results are something you want, and the machine can manage it safely.



Comparison of Fluffed and non-fluffed Megamax Diapers

Boosters

A great option for heavy wetter or individuals that enjoy the “Thickness factor” of their diapers, boosters also sometimes called doublers, are an additional absorbency pad that often has adhesive on one side that is inserted into a diaper during a change between the leg guards. Unlike the technique of “doubling up,” which we will cover shortly, boosters are designed to leak through uniformly so that they make a diaper more absorbent, but they cannot be used as a standalone diaper pad. They are much cheaper than the doubling method and can often be stacked on top of each other to add additional desired thickness. When the wearer uses the diaper, the liquid will soak through one at a time eventually soaking the diaper as well as the absorbency limits are reached.

For clarification, a diaper pad or sometimes called an incontinence pad may have the appearance of a booster but is something completely different. A diaper pad is designed to go inside the underwear and catch minor leaks but is not designed to leak through so if you are interested in investing in boosters or doublers be sure to get the correct product.

Doubling Up

Another thickness option that some diaper users will implement is the doubling up method. There are several ways to double up so I will just describe the most common and effective ways if you are interested in trying this technique. Essentially doubling up is just layering one diaper on top of another for added thickness. If diaper use is intended, you need to cut the outer layer of the inner diaper or poke lots of holes so that the wettings can flow through into the next diaper. I personally recommend using a sewing tracing wheel to poke hundreds, if not thousands of holes quickly and effectively. You need to be cautious if you use something like a knife because too much damage to the outer cover of the inner diaper could result in the absorbency material falling apart in the outer diaper.



Sewing Tracing Wheel

Doubling up can be an expensive option in comparison to something like boosters since most AB/DL or medical diapers can cost \$3-\$4 dollars each. To offset the cost some diaper wearers will purchase actual baby diapers to use as an interior insert. Another technique that is common with doubling up, especially for those individuals seeking to post photos of themselves in extra thick diapers but remove the overlap appearance of the tapes is to use a pair of scissors to remove the front and back wings of the diaper and then add the wingless diaper into a proper diaper and tape that up.

As mentioned at the start of this article there are many cloth-based options in the AB/DL world and another doubling option is to wear a disposable AB/DL or medical diaper and then wear a cloth diaper over top of that for the additional thickness. This plays to the strengths of keeping costs down, adding the desired thickness, but minimizing the clean-up.

Diaper Covers/Plastic Pants



Diaper Covers

A product I personally recommend to those diaper wearers that will venture into public, are heavy diaper users, incontinent, or have a high tendency of leaking, plastic pants are a great solution. There are several types of these products, and not all are designed to help prevent leaks, so it is important to check the product before purchasing. Products like Gary wear, old school rubber or latex pants, and plastic pants are all great options for leak protection. The covers will often feature an elastic leg and waist guard and are made of a

waterproof material.

Lastly there is a diaper cover option that is commonly not designed for leak protection but rather offers a BDSM aspect to wearing diapers and that is a “Locking diaper cover” there are various versions of these. Some are simply a pair of plastic pants with a chain sewn into the waist that can be secured with a simple padlock, while others can be far more restrictive and secure like the pair from the Straitjacket shop that utilizes the Segufix magnetic lock system that requires a special key to remove.



Straitjacket Shop Locking Diaper Cover

Chapter Three: The Diaper Bag & Recommended Packing List

Going to your first AB/DL event? Starting your adventure of trying diapers 24/7? A diapered road trip? This article is what I would have liked to know when I started my adventure. This list is what I consider to be the bare necessities.

Starting of the list... the diaper bag... it wouldn't be a diaper bag list if you didn't have a bag! A standard backpack with three main pouches, and side pockets on either side for a drink or bottle is my ideal bag. I personally have two bags... one for regular public use which is just a black military style pack and one for ABDL events and conventions that is covered in ABDL and other fetish affiliated pins, badges, and patches.



Now that we have the bag we need to pack it. Starting off my advice is to pack things in the likelihood that you are going to need them, so I always pack my spare change of clothes. Jeans, shirt, socks, diaper cover in the bottom in the bag in the main pouch. Trust me, you would rather have them and not need them than need them and not have them.

Next is diapers and boosters... if the bag has a laptop pouch, I like to put two of each in this section, so they are a quick and easy grab. It is up to you if you need it more or less. I also like to add a pack of diaper disposable bags in the same section of my diapers. Northshore is who I recommend for these. Their packs are small and deodorizing. The last item I place in the main pouch is my diaper changing mat. The mat isn't always usable in all situations like in a toilet stall, but I like using it over the toilet to place my changing supplies and keeping a barrier between my stuff and a public toilet. (Just make sure you wipe it down with disinfectant wipes when you are done.)

Moving on from the main pouch of the bag and focusing on the outside of the bag. I always carry my water bottle on my public bag or a bottle or sippy bottle on my dominant hand side of the bag. In the front exterior bag this is where you want to carry your changing supplies, so you are not fishing around looking for them. I recommend investing in small bottles or going the easier route and getting several small travel sized

bottles that you can just refill. If diapers are a sexual thing for you and you are planning on being active don't forget to pack lube and protection!

The last thing I always pack in my diaper bag is my noise cancelling headphones, a handheld gaming device, (I like rocking my old 90s Gameboy with Pokémon yellow as a conversation starter at events), a deck of playing cards or a Yugioh deck if I know others will have them, and an activity book and pencils.

I hope you find this list and guide helpful to you. This is obviously not the only way to pack your bag or what you may need, but this is a good starting point. Make this check list your own!

Chapter Four: Personal Fitness – Baby Steps

What's up diaper butts! Don't know if anyone else is going through or has experienced this, I wanted to write this essentially to my past self... if it resonates with you then I want you to know that you can be anything you want and although it may take a lot of work, you can improve yourself if you want... I am not saying you need to. I needed to be mentally healthy and motivated before I was ready... anyway... a little backstory to my situation...

I am a 24/7 ABDL... and two years ago I finished building the bedroom nursery of my dreams, everyday I work in littles attire and diapers (I work from home) and just live the AB/DL life all the time... sounds like a dream, right? But I started having health issues because of my weight. I had been hurt from injuries and coupling that with an office job I became super lazy, complacent, and just wasn't happy. I started to get bothered because all the cute diapers didn't seem to fit and all the cute AB/DL clothes either didn't come out in my size or were limited in options. I had blood tests done and my doctor essentially told me I was a cupcake away from diabetes.

I decided from that moment on I was going to make a change. I joined Planet Fitness... But I was so out of shape that doing anything strenuous was extremely hard for long durations. Baby Steps... I set small goals and went to the gym every other day... I'd do the elliptical because it was low impact, and I didn't want to hurt myself, but I needed to burn calories. Baby steps... my goal was 30 minutes on the elliptical in one go... I couldn't do it... I got to 15 before I thought I was gonna die. But Baby Steps and the next workout I did 20 minutes... maybe a week or two later and I did 30 and hit that goal. Then the next time I worked out I tried to go a little faster and harder. After another couple of weeks, I would get on the treadmill and walk after the Elliptical... just keeping that heart rate up and doing the best I could... more Baby Steps...

Eventually I reached the point where every other day I would go to the gym for an hour and a half and do the elliptical for 30 minutes then walk on the treadmill for an hour. I even did these workouts at Capcon in the early morning when all the babies were still sleeping... I didn't want to, but Baby Steps. I started to lose significant weight. At the time I am writing this I have now lost 70 pounds; I'm down 2 diaper sizes... but it was all Baby Steps. I still need to lose another 40... but it's just Baby Steps...

I'm not writing this to get congratulations. This is to motivate my present self who still has Baby Steps ahead of him... but also to let the past me out there... or someone else who needs that motivation to know that you can do it! It just takes Baby Steps... If you want any advice or a workout routine or dietary advice or what supplements I take I'm here to offer whatever knowledge I am here to help you make your first baby steps...

My System

Each of my workouts are 1.5 hours and I try to work out every-day Monday-Friday. I rotate through three main workouts. Cardio, Lifting and Leg Day... I do often substitute leg day for lifting because I prefer Lifting, and the Cardio workouts really are strenuous. I recommend if you copy my routine, I recommend doing Leg Day on Friday, so it doesn't follow a cardio day or do the stationary Bike for the warmup on that following cardio day.

Personal fitness isn't just about working out. You can't work out all the time and then eat five double cheeseburgers and expect a positive weight change. As I am trying to drop weight, I maintain a calorie deficit. I maintain a 1500 calorie intake and I avoid all pop/soda, fast food, sugars, and any processed foods. If the ingredient labels have a ton of stuff I can't pronounce or say I don't eat it. I also take supplements and vitamins daily that promote digestion. I track all my workouts and food intake in a fitness journal.

My Supplements



I want to be clear, before I talk about this... You do not need to spend a ton of money on gym membership and supplements to lose weight. Just creating a calorie deficit in the long term will lead to weight loss. Burning 1k calories in a workout everyday will definitely speed up the loss, but it is not required. Also, all the supplements I take are backed by actual science and doctors. I do not take any miracle weight loss supplement. That all being said, here is my daily regimen:

1. Psyllium Husk Caps (Fiber)
2. Super Enzymes (Helps with digestion)
3. EGCg Green Tea Extract (Also helps with digestion)
4. L-Lysine (Increase Muscle Mass, performance)
5. Probiotic- 10 (Digestion)
6. Ginger root (Digestion)
7. Biotin (Immune system)

8. Vitamin D-3 (I don't get enough sunlight because I work 3rds)
9. Vitamin C (Immune system and I don't consume enough)

My Routine

1. Cardio

30 minutes on the Elliptical with the highest resistance I can manage with the goal of going a little faster or further each workout.

Immediately after the Elliptical workout, after wiping down the machine I move to the treadmill for a 1 hour walk at the fastest pace I can manage.

2. Lifting

30-minute warm-up on the Elliptical at the highest resistance I can manage. The goal is to get my heart rate up.

I use only machines for lifting due to a severely damaged hand, but these workouts can be done with free weights as well with the right equipment and weights, I do 3 sets of 15 reps to start with small breaks in between sets and increase the weight as I get stronger. After a month or two of lifting I add an additional set. The list of exercises is in no particular order, and I change it up depending on machine availability as well as how my arms are feeling. (I might do the abs or back after a strenuous arm lift)

1. Chest Press
2. Bicep Curl
3. Back Extension
4. Seated Row
5. Triceps Extension
6. Lat Pull
7. Shoulder Press
8. Pectoral Flys
9. Ab Crunches

3. Leg Day

30-minute warm-up on the Elliptical at the highest resistance I can manage. The goal is to get my heart rate up.

For the Leg routine I do four sets of 12 as there are less exercises

1. Leg Curl
2. Leg Extension
3. Leg Press
4. Rotary Torso
5. Ab Curls

Substitutions

Rowing

For a change of pace, I sometimes will do 30 minutes on the Rowing Machine for the warm-up instead of doing the Elliptical. I particularly love doing it while listening to Sea Shanties

Cycling

For a change of pace, I sometimes will substitute the warmup on the elliptical on cardio days with 30 minutes on a stationary bike.

PART II: The Nursery

(Need an introduction in regards to all things Nursery)

Chapter Three: Designing & Decorating your AB/DL Nursery

You've decided to take the exciting leap that all Littles dream about, and you want to build a nursery of your own. As someone who has done just that I decided to write this suggestive guide to help give you some ideas and learn from my mistakes and benefit from my successes.

Before getting started, I suggest picking a central theme. The theme should be something that is close to YOU and makes YOU happy. That being said, I highly recommend writing down a few themes to brainstorm. After you have a few ideas, I suggest doing a google hunt for products and items that would be a wish list of items to realize the theme. Aside from the AB/DL furniture, you need to think about paint, lighting, flooring, wall hangings/decorations, and things like storage. For this run through, I'm going to use my nursery as an example. I'll cover each aspect of the design and what I ended up doing.

My Theme

For my nursery I chose "Space/Rockets" as my nursery theme. I knew from repeated google searches there was a ton of products both baby and adult that made the theme ideal. One method you may want to try in testing/deciding on your theme is can you find a bedding/comforter set for your theme.

Walls

For my personal nursery, I decided not to paint the walls of my nursery. My house is over one hundred years old, and I like the unique/original woodwork and the neutral eggshell color, but that didn't hinder me from decorating the walls.

I started off with several wall hangings: a NASA flag, a massive technicolored tapestry of an astronaut floating in space, a tapestry of the solar system and a final hanging of the ABCs that was space themed. On the practical side of wall hangings I installed some small space themed shelves above my changing table that contains my wipes, powder, lotion etc.... easily within reach of a changer but more importantly I can easily reach them as well when I'm on the table so it helps when I'm changing myself. I suggest looking for corner shelves, stuffie hanging hammocks and other little things that can help tie the room together. Remember, this is your room and a safe space, so your opinion is all that matters.

The last piece I highly recommend is a fun and cheap little project that you can do and that is making and hanging your name, AB/DL, BABY, or some other cute phrase in large letters. You can get large letter blanks at any hobby or craft store or even Walmart.

Floors

Carpets are ideal for a nursery/play space. If you are anything like me who loves their tummy time, carpets are necessary, but you can also get things like playmats and also large foam puzzle pieces to your floor. I have two playmats in my nursery. One by my changing table and the second larger one is in my main play space that also doubles as an ABDL Baby Gym. Like I mentioned in picking a theme, I found several space themed playmats in my brainstorming google search and bookmarked them when I got to the phase of the nursery build.

I personally try to keep most of my floor play space clear when I am not playing, but a large corner stuffie or Stuffie pile, bean bag chair or one or two large toys that can occupy a corner out of the way that won't present a tripping hazard are also great for the nursery space. My advice is to try and find the happy medium between cluttered and spartan. The nursery floor should look welcoming and an inviting place an ABDL would want to lay down or sit to play with easy crawl access to nearby stimuli.

Ceiling

This is an area that many overlook, but I highly recommend not neglecting this aspect of your nursery. Ceiling decorations and hanging stimuli such as a mobile, baby gym, glow-in-the-dark stars are many common stimuli found in nurseries.

What I did for my nursery was a number of things that kept with my space theme. The first was I replaced the ever common "salad bowl" light for a large LED "Moon" light that was remote controlled and featured various lighting settings. I'll discuss that item more in the lighting section, but changing the light to a moon dramatically changes the space when laying on your back and staring at the ceiling. The second aspect I added for the ceiling was I purchased a laser star/nebula generator. These nail the space theme for me, but I recommend looking into light show generators for your nurseries as they are cheap, often remote controlled, and require no installation or room modification.

The third ceiling modification I recommend is ceiling hangings. This is an easy way of adding more stimuli but does require minor room modification. What I did for my nursery is I built several Nasa Lego sets, such as the Space Shuttle, ISS, and the Hubble telescope, then using strong monofilament fishing line and a few small eyelet screws, I secured the models to the ceiling upside down and at various angles to imitate them floating in space. These three additions have made lying in the crib or on the nursery floor a stimulating and wonderful experience no matter where I look.

The hangings don't have to make sense like an imitation of space... You could fill the ceiling with floating squish mellores, dinosaurs, barbies, flying superheroes... let your baby imaginations run wild. Hanging a mobile from the ceiling, adding designer light or even ceiling stickers are also a possibility. My childhood room my parents painted the ceiling to look like a sky with clouds and the ceiling fan had images of fighter jets on the blades. Be Creative! Be You!

Lighting

As mentioned in the ceiling section there are several creative main room lighting options available. The main room light fixture can be an expensive option but really can really help you mentally make that leap from a room to a nursery. The standard salad bowl or “Boob” light just doesn’t have the same feeling as a colorful lighting option. Some suggestions when making a lighting selection: Look for an LED option that is adjustable. Many lighting options today can change colors, intensity, and are dimmable. Another suggestion is to look for something that is remote-controlled. The “Moon” lighting that I installed in my nursery has a remote option and I can’t tell you how nice it is to be in the crib and be able to adjust the lights to my liking.

If buying and installing a new light fixture isn’t a possibility... no need to build a blanket fort to cry in... do build a blanket fort though... A creative option for lighting a nursery and also adding more fun elements is to get a basic smart home device and some smart lightbulbs. Many smart bulb options offer color changes, dimmability, and can be controlled through a phone app. You can also link smart bulbs with a smart home device to add a voice control option to your lighting.

Other creative lighting options to think about are things like: An end table Lamp, night light, LED strips, and wall or ceiling light projectors. There are tons of themed options for each of these lighting options. One option I want to touch on is the LED lighting strips. Creative installation of LED lighting can really make your nursery unique and a wonderful place. I placed LED lights along both the top rail and underside of my crib and also on the underside of all of the shelves of my changing table and diaper storage. The lighting not only adds mood to the room, but it also is a functional improvement as it lights all my diaper storage.

Storage

Having a place to store toys, packs of diapers, clothing, changing supplies, and other play gear is a must have for any nursery space. It also can offer tabletop space for various décor items like a night light, lamp, stuffies, toys or even offer more storage.

When I was looking at storage for my nursery, I first accessed the majority of my toys so I could have a better idea of what my needs were so I could get the ideal toy storage. I have a lot of blocks, toy RC construction toys, wooden train sets along with some hand puppets and large wooden playsets. I want something that would both display some toys but also could hold all the blocks and smaller toys that had lots of pieces. I found the perfect large toy box/shelf combo on Amazon.

https://www.amazon.com/gp/product/B0DJM552C2/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

My advice when selecting something is get the dimensions of the furniture piece and make sure that not only does it fit in the space in the room, but that it also can fit the toys that you want to place. All dimensions should be listed on websites. Other storage

ideas can be under your bed/crib... most bed frames are fourteen inches off the ground which is the standard height of a diaper pack. Something else I have done is I purchased two large Rubbermaid containers designed to go under the bed. I can place loose diapers and boosters inside for storage. Small hanging shelves by the changing area are great for diaper changing supplies and a stuffie hammock are great for babies with a lot of little stuffed friends.

Amazon and Ikea are really solid places to look for storage options if you are looking for something in particular. Thrift stores are another great budget option that offers great DIY potential.

Toys

What AB doesn't love their toys? Well, toys can be used in more ways than just playing. Some ideas to try: Stuffies strategically stationed in special areas of the room to protect you, wooden alphabet blocks spelling out fun phrases, Toys hanging from the ceiling, completed Lego models, maybe a wall full of Funko pops, action figures, my little pony, troll dolls, barbies, squishmellows... Your nursery, your imagination, your dream manifest! Make it happen!!!

Furniture

AB/DL nursery furniture like a crib, changing table, baby gym, play pen, rocking, and highchair are what a lot of folks may dream of having. I can tell you they are all possible, and I plan on writing articles on every single one of my DIY build ones for each. I will include the links to the base items I used for those builds in the meanwhile if you want to try to design your own. More to come on those article, but I suggest if you plan on one day adding these elements to your nursery to account for them if you are making a nursery space.

Crib

For a crib I recommend a canopy steel bed frame. The rails offer great support for rails and the bed frame is absolutely solid and you will avoid some of the issues when you try to convert a standard bed frame into a crib for my crib. Link: [Amazon.com: ZINUS Patricia Black Metal Canopy Platform Bed Frame, Mattress Foundation with Steel Slat Support, No Box Spring Needed, Easy Assembly, Full : Everything Else](#) The frame is under \$200 and comes in single, full and queen. I have built cribs in all three sizes, but my personal crib is full. I built the wooden rails four inches apart with a swinging gate. A box spring and mattress will place the crib bed at the perfect height.

Changing table

A changing table is something I use every day, and it was actually one of the easiest additions to my nursery thanks to inspiration I got at CapCon. I purchased a massage table which was available as changing tables at the Age player's Convention. I have included the link to the one I used but I wouldn't recommend it if you aren't

planning to rebuild the table. It is a good table, but since it is a travel table for around \$100 it isn't the most solid unless it is rebuilt. I took the original legs off the table and built new legs with a shelf out of six 4x4s and some plywood. [Amazon.com: BestMassage Massage Table Portable Massage Bed Lash Bed 2 Fold SPA Table 24 inch Wide Adjustable Salon Bed with Non-Woven Bag for Spa Footmassage Facial CareSpa Tattoo,Black : Beauty & Personal Care](#)

Highchair

Right up front I will say that my highchair build was pretty expensive, but that is because it is not the first time, I have built a highchair and there were serious issues with stability, and I want to create builds that others can replicate. For this build, I purchased a garden bar chair from amazon. [Amazon.com: POLYWOOD® Traditional Garden Bar Chair, Black](#) The cost was \$350. I then cut a tray from a sheet of MDF. The tray clips on to the chair with genuine highchair clip hardware from amazon. [Amazon.com: Highchair Tray Hardware, baby toddler kid child seat stool antique vintage old retro : Baby](#) I also added a go kart harness for baby's safety. [Amazon.com: Yakitoko Universal 4 point Safety Harness Set 2" Fits Go Kart,UTV,ATV,Racing Blue : Automotive](#) and I used seat cushion foam, fabric, and a staple gun to add some padded upholstery. The last two things weren't really necessary, but the fabric was space themed to tie into my nursery and it was a challenge I thought I could accomplish.

Baby Gym

The Baby gym build was entirely from scratch, but I have already written that build article so I will include the link to my article below: [Building an AB/DL Baby Gym - Product Reviews and Info - \[DD\] Boards & Chat](#)

Chapter Four: Building an AB/DL Baby Gym



Parts List

- 5' 3/4th inch PEX pipe - x4



- 1.
- 1/2" SCH 40 PVC cross connector – x1

Baby Jp – Baby Steps



2.

- CPVC Coupling 3/4 in x 1/2 in – x4
- CPVC End cap 3/4 in -x4



3.

- 6' 3/4 PEX foam insulator hollow (or Pool noodle) – x4



4.

- Nylon webbing straps- 3 feet

Baby Jp – Baby Steps



5.

- Female and male buckles (Make sure they are compatible with nylon webbing straps. I recommend Silver Large Hook & D Ring by Fabany. Joann Fabrics sells them as well as online)



6.

- 3 yards of preferred printed fabric
- Preferred clip hanging toys – As many as you want
- 1/4 " Screw bolts – x4
- Screw Rivets 1/4" and 1/4" in length - x4

Baby Jp – Baby Steps



7.

- 1/4" washers – get a pack of at least x24
- 1/4" Locking nuts – x4
- Gorilla glue



8.

- 60" x 80" Baby Play Mat (Recommend getting something thick, heavy and padded)

Tools needed

- Basic power drill
- 1/4" Wrench
- 1/4" Socket
- Screwdriver

- Spray paint (Optional)
- Lighter
- Scissors

The ABDL baby gym is built in four sections that will ultimately pressure fit together. The sections are the Mat, End caps, Cross connector and arms. It can be taken apart and stored in a matter of minutes. The mat can be kept out permanently in the nursery as the modifications required are hidden underneath and as long as the mat is thick, the buckles are metal, and the mat is located on carpet it is not a danger if stepped or crawled on.

The Mat

Prep: Poke a small hole 2 1/2" from the edge of each corner of the mat. Then cut the Nylon strap into four 3" strips. Use a lighter to burn the ends so it won't come unraveled over time. Fold the four straps in half and use the scissors to cut two small holes where both ends overlap so you can pass the Rivet screw through. Repeat four times. Use the lighter to seal the edges around the hole.

Assembly: Put a washer on the female side of the screw rivet and then push the rivet through the hole in the mat. Flip the mat over. Place the male buckle in the 3" strap and fold over so that the two holes line up then insert the rivet through both holes. Add a washer on top then screw down the male side of the rivet into the female. Repeat this step four times and the mat is finished.



The End Caps

Prep: Drill a hole through the center of each of the caps with a 1/4" Drill bit so that you can pass the 1/4" Bolt through. Paint the End caps (With the X connector when finished) This step is optional but recommended. Just like with the Mat, Cut 4 strips of the nylon Strap, but this time 4" lengths and repeat the step of folding them over and placing a hole where they overlap and sealing all the cuts with a lighter. Repeat four times

Assembly: Place a washer on the bolt then place the female end of the buckle on the 4" of strap and then put the screw through the hole on both sides of the strap. Then insert the bolt into the drilled hole of the end cap add a washer to the bolt on the opposite side and the locking nut and then tighten the nut. Repeat Four times and the end caps are finished.



The Cross connector.

Prep: Make sure that the couplers fit snugly on the end of the PEX pipes and that the other ends can fit into the PVC Cross connector.

Assembly: Add a Bead of glue around the fitting of the PEX coupler that will fit into the PVC and then insert all four into the Cross Connector. (Make sure that you don't get any glue on the other side that will connect to the PEX Pipes. Paint the PVC Cross connector and the four couplers (This is optional but recommended)



The Four Arms

Prep: Cut the insulation (Pool Noodle or plumbing insulation) roughly 13 inches off the insulation if it is 6 foot. If not, cut the foam so that 1 Inch of the pipe is exposed if the pipe is inserted into the foam sleeve. Cut the Fabric with enough material to be able to fully wrap the foam. (I recommend Sewing, the material together into a sleeve but if you don't have the ability or access you can glue or double sided tape, but Sewing is recommended for best results.)

Assembly: Place the 5 foot pipe in the insulation then add the cloth cover over. (You do not need to glue the pipe. It will slightly move in the insulation when the pipe is bent and flexes.)

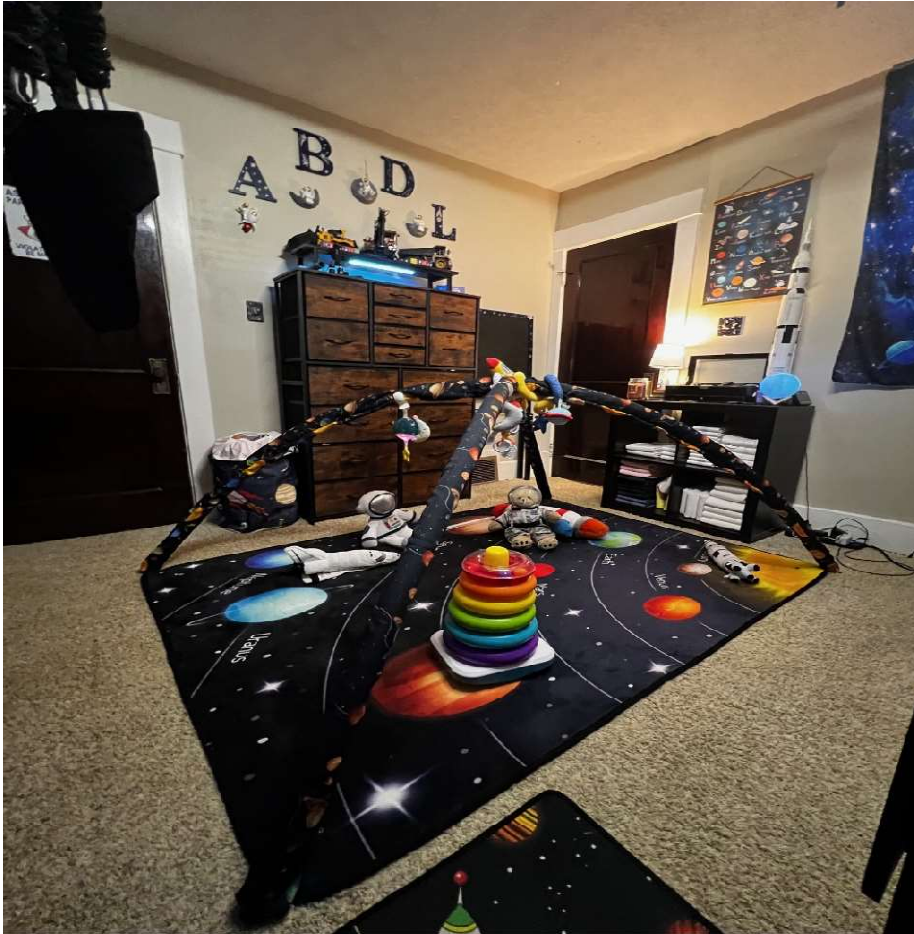


Total Assembly

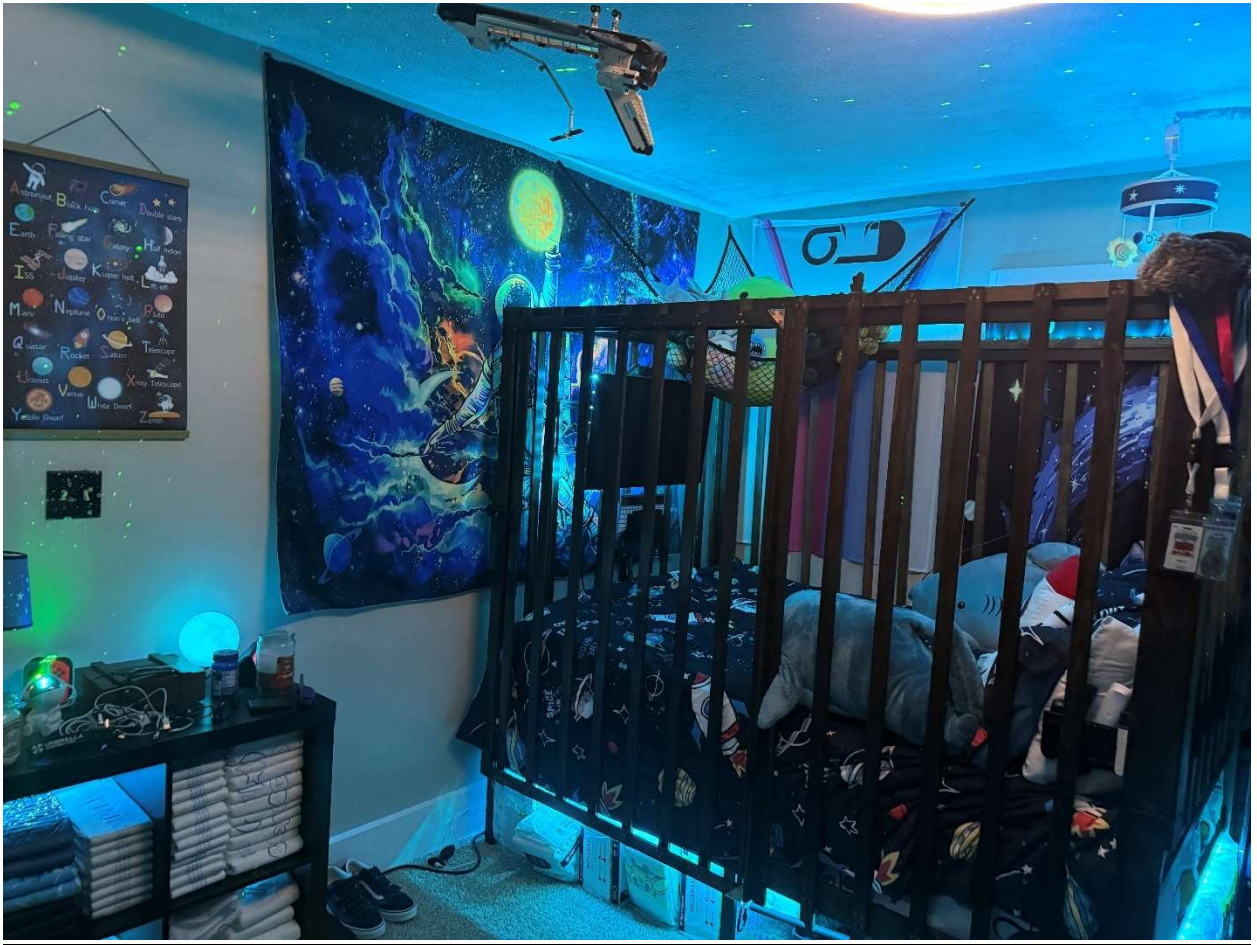
Add the End caps to one end of the pipes. (DO NOT GLUE... If you do and something breaks you'll have to replace the whole section rather than just a small piece because you won't be able to remove the bolt.)

Connect All four end caps to the buckles on the mat. Then one at a time insert the open end of the pipe into the Cross connector. Add some hanging toys and enjoy.





Chapter Five: Building an AB/DL Crib



This is my AB/DL crib build. A few things I want to address before I go forward because I have gotten feedback on some of some of my other designs from individuals that do not seem to understand what my designs are intended to be... I have created a design the requires the bare minimum knowledge, skills, and tools and I am releasing all my designs completely free. If you have opinions of how to make it better or things you do not like about the design, then I suggest you design your own nursery furniture set and give it away to the community as I have. I have a full woodshop and space and can design something far more complicated with joinery, engravings, etc. But that is not the intention of my work or these designs. This is so any ABDL with \$500 - \$750 can build a crib of their own. So please understand that and be respectful.

Now, with that out of the way, this crib features a swinging gate rather than the slide rail. Although there are several ways to accomplish a lift up gate design when I did my original research on the crib I looked into and talked to several other AB/DL that I knew have cribs and there were several struggles with it for all of them and although I know I could engineer a design that would work the cost and difficulty of the build would

go up in that sort of implementation, which defeats the whole point of making this crib design simple and as uncomplicated as possible.

I personally have built this crib in a twin size, double size and in a queen size. I have a friend that also built her crib entirely on my design off just pictures and my CapCon presentation, so this is very doable. The crib utilizes a steel curtain bedframe that costs on average \$200 from amazon and is rated for 700 lbs. You will not need to modify the frame, so the integrity is 700 lbs., and the completed rails weigh less than 70 lbs. Another benefit of this crib design is that it is fourteen inches off the ground, which is perfectly suited for storing packs of diapers underneath the crib. I also personally used to underbed Rubbermaid tubs, one for loose diapers and the other is used for booster packs. Installed under glow LED lights both above and below the crib and I hung a TV inside the crib on the footer with a Nintendo switch hooked up as well.

The lumber I used for this build was simple construction lumber from Home Depot. I own a planer and so I ran all the wood through the planer to keep the costs to a minimum, but friends who have built this design substituted lumber from alternative sources that was of nicer quality that did not require that step.

All of that is not necessary, but they are options you could implement if you decide to build the crib. That being said... on to the build!

Note: Although the bedframe advertises that a box spring is not needed to achieve the proper crib height, I highly recommend investing in a box spring. I thrifted for one myself.

Parts List

- Bed Frame



[Amazon.com: ZINUS Patricia Black Metal Canopy Platform Bed Frame, Mattress Foundation with Steel Slat Support, No Box Spring Needed, Easy Assembly, Full : Everything Else](#)

Baby Jp – Baby Steps

- 52 x 1x2 8-foot pine strip (Rails and Gate)



- 12 x 1x4 8-foot pine strip corners and bottom base boards)



- 2 x 2x3 8-foot pine strip (Width top rails)



Baby Jp – Baby Steps

- 2 x 1x1 8-foot pine strip (Long Top rails)

Hardware

- 100 x 3/4 in wood working screws.
- 100 x 1 in wood working screws.
- 100 x 1 1/4 in wood working screws.
- 12 x 3-inch corner brace (These are used to hold the crib rails to the bed frame)
- Utility Pull handle (Gate handle)
- 3 x 3 in narrow utility hinge (For gate)
- Locking gate clasp (My crib is lockable but there are a variety of options to secure the gate closed)
- 4 x 2 in corner brace (Used to strengthen the gate frame)



(Above samples of some of the hardware I used to build the crib. I did not use everything pictured but I did list everything that I used)

Tools Required

- Saw
- Drill
- Phillips head drive bit
- 1/4-inch counter sunk bit (These are great for predrilling holes that will counter sink for the screws.
- Measuring tape

- Cloth measuring tape.
- Several spring clamps in varying sizes (I purchased a lot at harbor fright Recommend at least eight of the largest size and 6 - 8 of the medium size. The more you have the easier some of this is)



For this build I cannot give direct measurements for cuts because I do not know what size crib you will be using, and I did not keep records when I built two of the three cribs. But the build is very straight forward.

(Important: You should pre-drill and countersink every single screw. Also, it is especially important to make sure you do not over drive or screw and make sure you select the appropriately sized screw, so it does not come out the other side. I believe on average the shorter screws work best on the lower rails and the longer screws work best on the upper rails, but that is something you will need to access and decide on as you are working.)

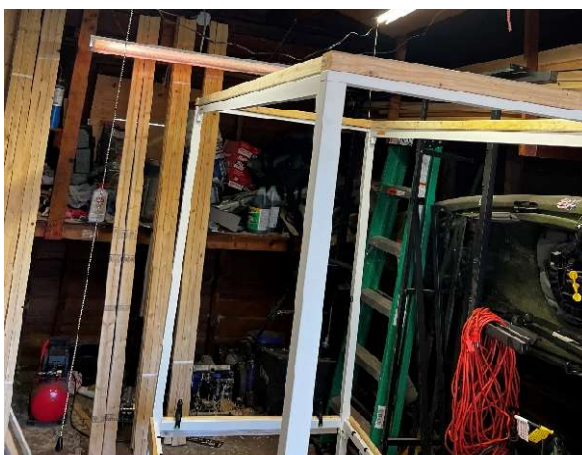
Step 1. Build the bed frame

All your measurements will need to go off the bedframe, so the first step is to build the bedframe. I recommend not installing the mattress slats as it will make moving around in the crib easier.



Step 2. Building the top rails

Cut the 2 2x3 boards so that they run the full length above the Header and footer of the frame. They need to be flushed against the metal so the rails can connect. Next measure the distance length wise between the header and footer and then cut the 2 1x1 boards so that the entire top of the crib has the four boards sitting atop of the upper rails.



Step 3. Cutting the Lower rails

Using four of the 1x4 boards you need to cut lower boards for the header, footer and lengthwise. These boards should be inside of the corners and flush against the bottom rails. Use the medium clamps to secure them in place.

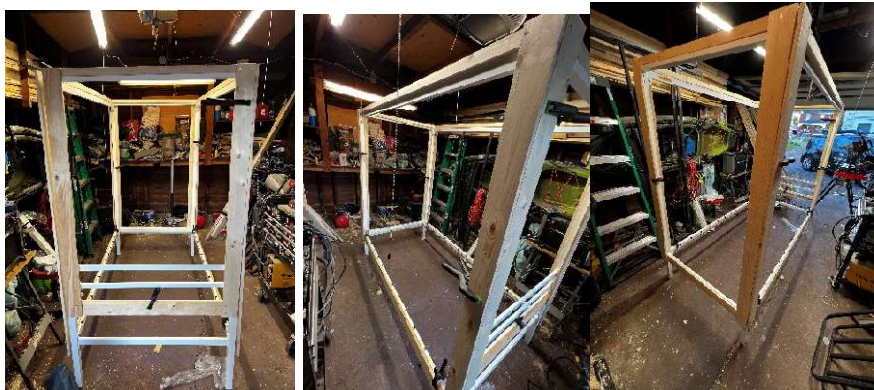
(Note: The Header is shorter I placed the board on the second rail from the bottom as pictured below)



Step 4. Cutting and Enclosing the Crib frames

Using eight of the 1x4 boards you need to measure from the top rail down to the bottom rails and cut the boards. Next, I suggest using clamps and doing one side at a time you are going to create a “Picture Frame” by screwing the side boards to the upper and lowers. Repeat this on all four sides. See pictures below for examples.

(Note: See in the photo below of how the two corners meet. This is important to do the same)



Step 5. The Rails

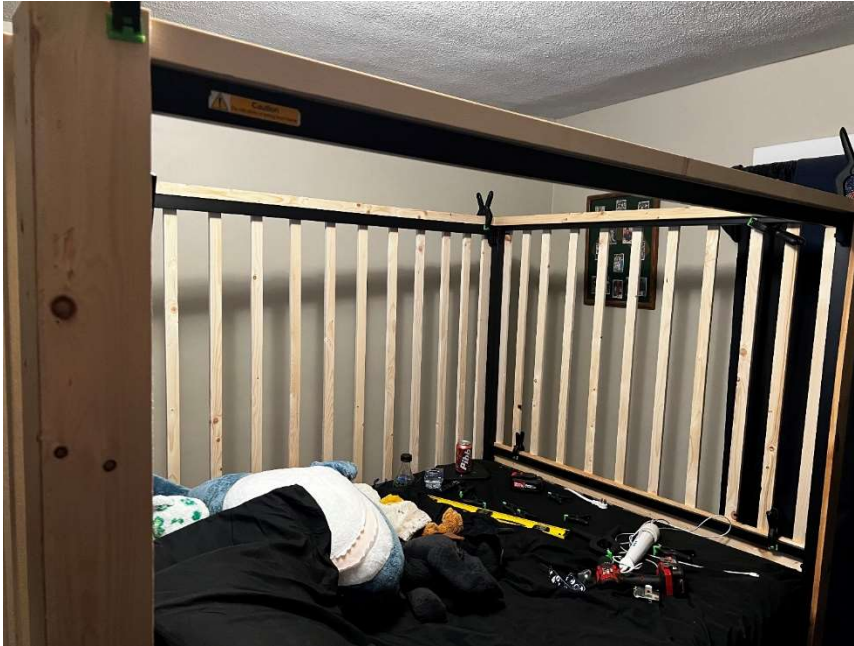
Now the fun begins! First you need to decide where you want to place the gate. So, you need to know which side of the crib will be against a wall etc. and make sure there will not be obstacles stopping the gate from swinging open. Once that is decided I recommend doing the Header, Footer and then the Lengthwise not gate side rails first. This process is repeated so it is not too technical.

First, cut the rails so that they will extend the length from the top rail to the bottom.

(Remember: The Header is shorter so do not cut all your rails to the header length)

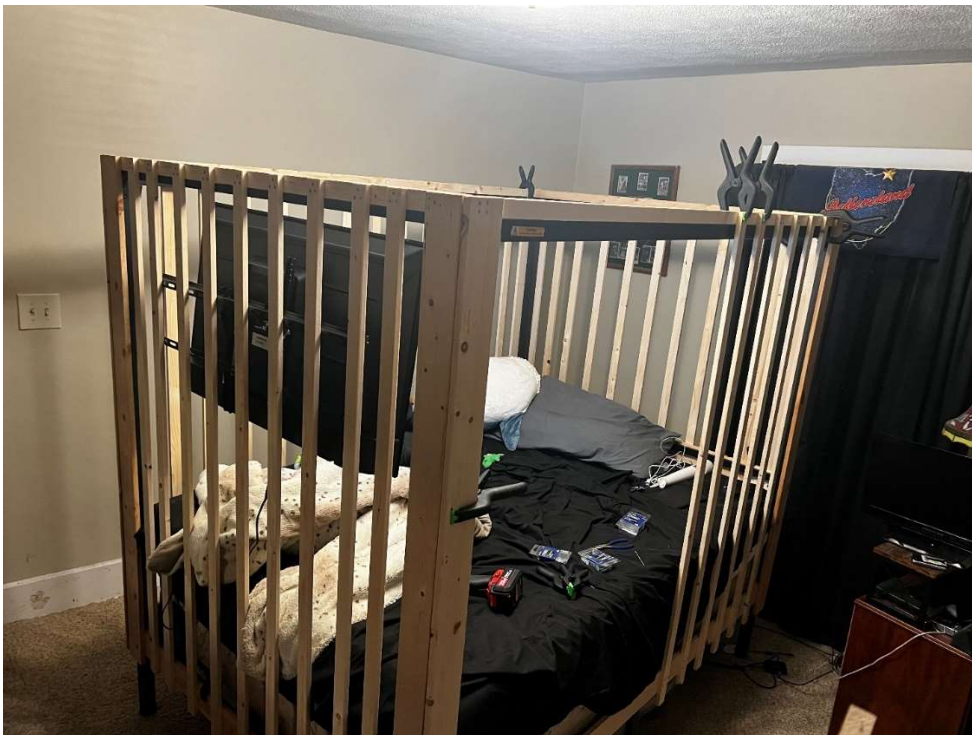
I personally hate math and did not try and figure out the perfect spacing to make them all exactly equal. What I did and recommend if you do not want to do that either is to find the exact center and your will start by placing one rail directly in the middle. Then using the cloth measuring tape you will measure four inches from the end of the middle and place a rail. Repeat that step until there is less than 8 inches from the end and place that final rail in the middle. Depending on the size of the crib you are building, that spacing will be roughly 3+ inches and is not very noticeable and will look like a feature. I am going off memory, but I believe the queen and Double crib sizes have the same number of rails on each side nine on the header and footer and thirteen on the non-gate side. The length side is the same process as the header and footer... just longer.





Step 6. Rails on the Gate Side

As mentioned in Step 5 you need to know what side you want the crib gate to open. In this example the gate is on the left side and swings open to the right. This is something you will have to figure out for yourself but is not too complicated. How I started the gate side is exactly how I did all the other rail sides. I first found the middle and I installed a rail in that spot. I then installed rails on the non-opening side.



Step 7: Installing the Gate Hinge

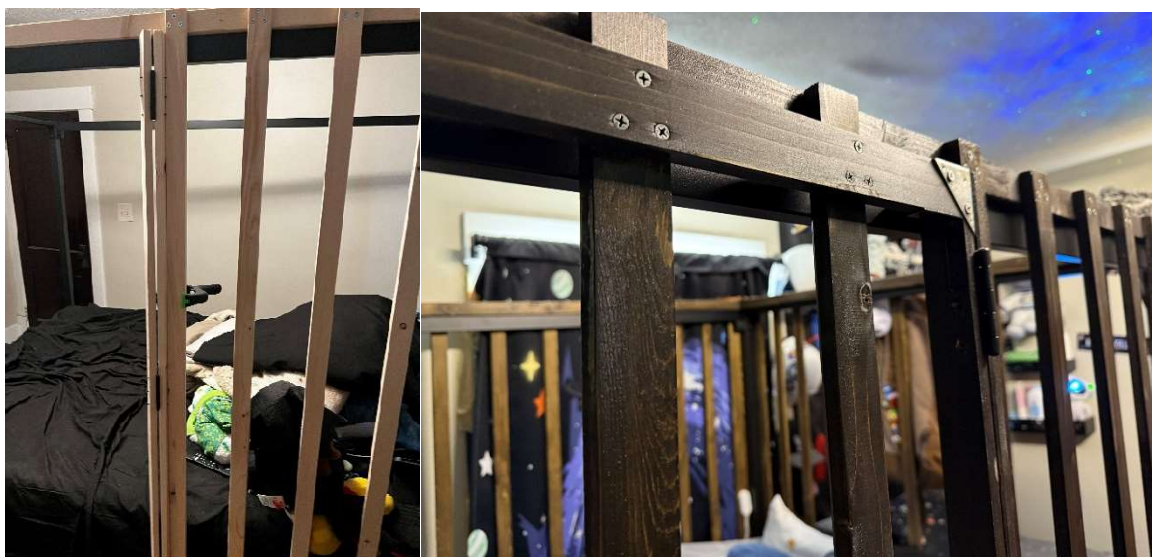
Taking one of 1x2 rail pieces you need to place them perpendicular to the middle rail. This rail should be cut short so that it is under the top rail (**Note: See in the image the example. Figure out where you want the three hinges to be. I personally cut and recessed my hinges. Some hinges do not need to be done this way, but I thought it looked better doing it that way.**)

Place your hinges and cut an identical rail to match up to the opposite side of the hinge, but do not secure it.

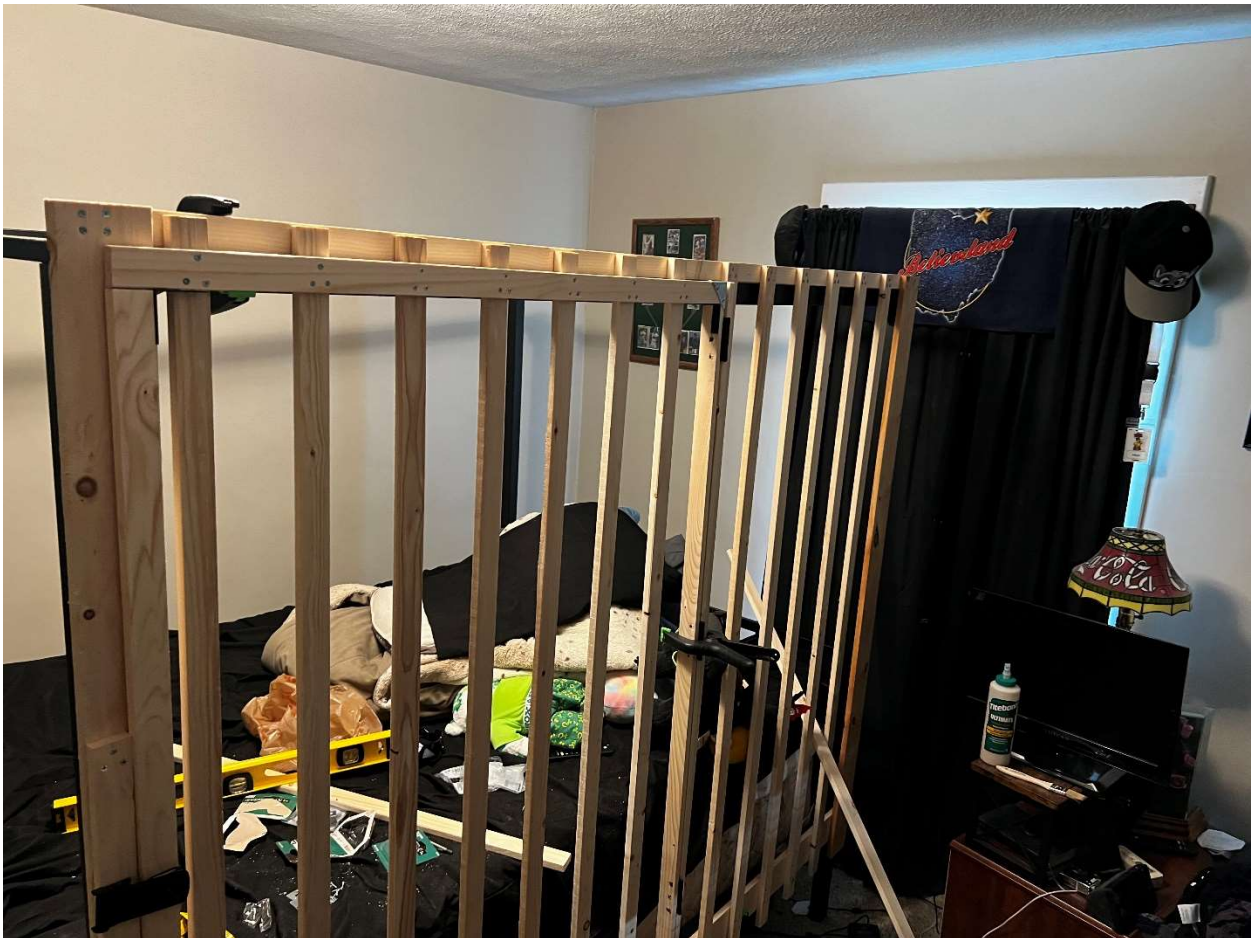


Step 8: Completing the Gate

A way to make creating the gate easy is to first figure out the length of the upper and lower of the gate and cut those two pieces. Then using the clamps and measuring tape, measure out four inches and secure the first rail of the gate, then the second, third etc. This will give the gate rigidity for you to use the four corner braces to finish off the gate. Using a scrap piece of rail place the piece at the end on top of the 1x4 corner piece so that the gate can rest flush. On this piece install your gate lock or latch. Install the gate handle at the end of the gate.



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Step 9: Stain or Paint

At this point you should have four completed crib sides. Take each side off, sand, prime or prep, and either paint or stain the rails as to the look you prefer. I personally think stain is easier and looks nicer, but I have friends that painted their cribs as well.

(Note: If you do decide to stain make sure you add a protective coat of Polyurethane or some other finish)

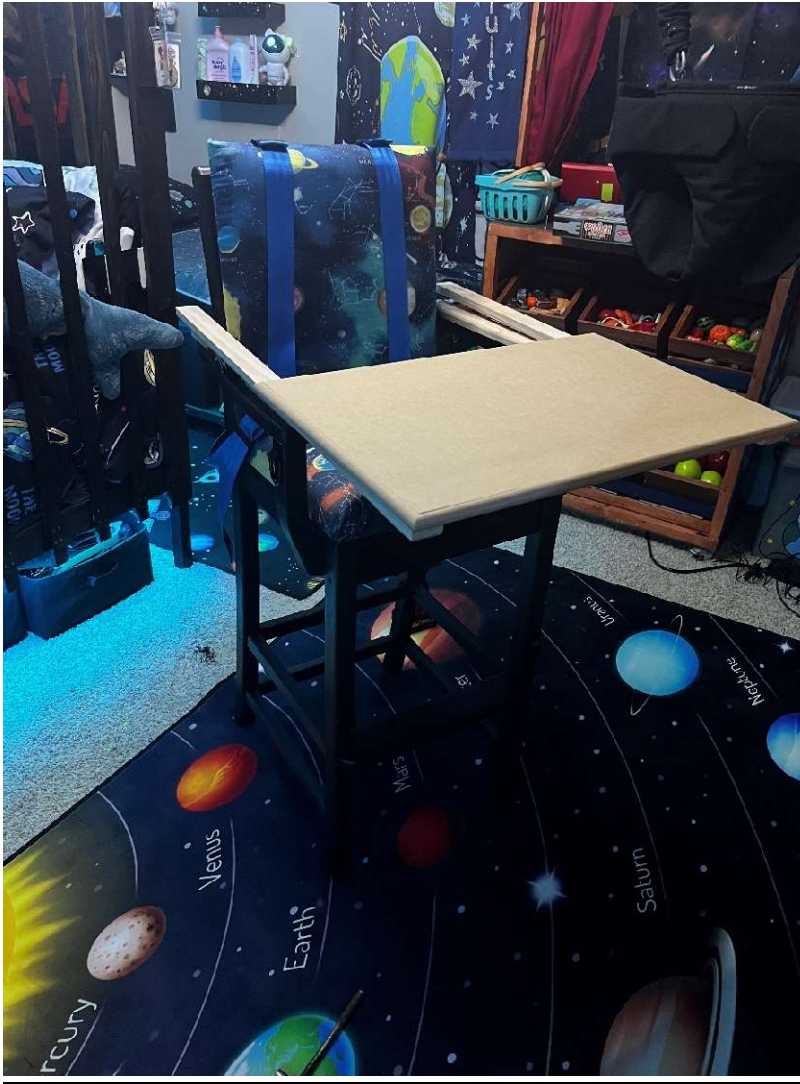
Step 10: Final installation

I recommend putting the box spring and mattress on the bed frame before you even begin to put on the rails for the last time, but you can technically wait until putting on one lengthwise rail. Once you have all four rails on you are going to use the twelve 4-inch corner braces. I just eyeballed their placement, but there will be three on each corner. One at the top, middle, and bottom. These braces will effectively hold the four sides in place and the top bars, thanks to gravity, will keep everything secure.

I hope you found these crib building instructions helpful and straightforward. Below are several other examples of buildings by me and my friends. If you have any questions, please message me on my socials or through my email at babyleprechauncreations@gmail.com



Chapter Six: Building an AB/DL Highchair



Before Purchasing Anything Please look over this whole build! There are several options, upgrades, and ways to build this highchair. This is my third iteration of building an AB/DL highchair and with the first one I just used a wheelchair tray and a highbacked bar chair. With the third build I had added anchor points, a custom tray that uses genuine highchair tray hardware, as well as an upholstered seat and back. I also added a harness to secure squirming babies and anchor points for more kinkier scenes.

Parts List

- High top bar or deck chair with arm rests



9. _____

[Amazon.com: POLYWOOD® Traditional Garden Bar Chair, Black](https://www.amazon.com/POLYWOOD-Traditional-Garden-Bar-Chair-Black/dp/B00006H000)

- Wheelchair Tray



[Amazon.com: AlveyTech Wheelchair Tray Table with Cup Holder - Universal Removable Lap Desk - Ideal for Adults Eating Reading Resting - Compatible with Drive, Golden, Electric, 18-20inch Wide Standard Wheelchairs : Health & Household](https://www.amazon.com/AlveyTech-Wheelchair-Tray-Table-with-Cup-Holder-Universal-Removable-Lap-Desk-ideal-for-Adults-Eating-Reading-Resting-Compatible-with-Drive-Golden-Electric-18-20inch-Wide-Standard-Wheelchairs-Health-Household/dp/B00006H000)

(Optional)

- Go Kart Harness



[Amazon.com: Yakitoko Universal 4 point Safety Harness Set 2" Fits Go Kart,UTV,ATV,Racing Blue : Automotive](#)

- 2 x Sheets of MDF 3/4" thick (cut in the Dims of Chair back and seat)
- Cloth or material cover for seats
- 2 x Sheets 2" upholstery padding (For seat and back)
- 2 x 1/2 thick hex bolt screws (For harness standard bolts that come with will not work)
- Anchor Points



[Amazon.com: D Ring Tie Down Anchor 1/4" Heavy Duty Trailer Anchor Lashing Rings 2400 lbs Capacity Trailers Trucks Bed Anchors Bracket Hooks Kit for SUV,RV,Camper,Van,Car,Boats, Motorcycles Surface Mount \(Black\) : Automotive](#)

- MDF 3/4" thick 16" x 25" sheet

- 4 x 1.5 in 32" Pine stripes
- Highchair hardware



10.

[Amazon.com: High Chair Tray Hardware, baby toddler kid child seat stool antique vintage old retro : Baby](#)

- Various lengths woodworking screws

11.

12. Tools Required

13.

- Basic power Drill
- Staple gun with 1/2" staples
- Paint or Clearcoat
- Hand Jigsaw
- Router

This can be the easiest build or a complex one depending on what you are wanting to create. You can also always upgrade the chair as you go.

Basic build

For the basic build you only need two components. A high-backed bar or deck chair that has arms and a wheelchair tray. This build requires no tools at all. Simply use

the Velcro straps on the wheelchair tray on the arm rests of the chair.



Adding Anchor Points & Harness

Using the anchor points and the go kart harness listed and linked in the parts list you can add a harness and anchor points that can be used to secure an ab/dl in their seat. I placed six total anchor points on the chair (Pictured below)

Baby Jp – Baby Steps



The first set are at either side of the footrest. The second set is just below the front arm rest and the last set is at the back of the chair just by the seat. To install the harness, you will need to pre-drill the hole roughly three inches, six inches apart from the middle back post of the chair. I recommend taking one of the bolts supplied with the harness to a hardware store to find a drivable screw that will fit the harness. (Make sure it is not going to go through the seat back).



Building an Upholstered Chair Back and Seat

To upholster the chair, first, I highly recommend watching a couple of videos on YouTube. The process is very do-able and easy but watching someone do it first will make it far easier. To start you are going to need to have a piece of MDF cut to fit the chair back as well as the seat. You will also need upholstery foam, a staple gun and fabric. For mine I chose an outer cover (Space themed cloth and a back cover (Solid Blue)

To upholster the seat and back, place the fabric that will cover the seat. (Outer side down first) then the upholstery pad then the MDF on top. **Recommendation:** Have several extra inches of spare material. You will be covering it with the back cover later.

I personally found it helpful to kneel on the MDF board. Compressing the padding with the weight as you staple the material to the board will help remove creases and will keep the material tight. Secure one side at a time. Once all four sides are stapled you can cut excess material and then add a back cover material to clean up your work. Then use screws to secure the cushions to the chair.



Building a Custom Highchair Tray

To start, you will need to secure a piece of wood to the armrests with screws. This will add height so that your legs will not hit the tray if you add cushions and additionally it will give you a place to mount the hardware. (See below)



To build a custom highchair tray you will need to cut a tray either from a plywood sheet or you can use a piece of plywood or MDF cut into a 16" x 25" sheet and add runners with screws to make the tray. Both examples are shown below. **Note:** I cannot give exact measurements of where to put the hardware and runners because you will need to line everything up. I suggest using clamps and marking things with a pencil as you figure out how everything lines up.



Lastly, you **MUST** seal the tray with a clear coat, polyurethane, or some other product otherwise it could seriously warp or absorb any liquid.



Chapter Seven: Building an AB/DL Changing Table



Recommendation: Although this build worked out for me, I would not repeat this build and would not recommend it unless you already had one of these massage tables and wanted to convert it into a changing table. There are several options on amazon that are the same product, and the cost of the table is the same it all the labor materials and time it would take to build this table.

Parts List

- Massage Table



14.

[Amazon.com: BestMassage Massage Table Portable Massage Bed Lash Bed 2 Fold SPA Table 24 inch Wide Adjustable Salon Bed with Non-Woven Bag for Spa Footmassage Facial CareSpa Tattoo : Beauty & Personal Care](#)

- 2 x 8' 4x4 Pine lumber
- 1x1 inch popular square dowel
- 2 x 1/4-inch-thick sheets of MDF
- 4 x Cube storage containers



[Amazon.com - DECOMOMO Storage Baskets, 13x15x13 Storage Cube Bins with Labels for Organizing Shelves Kallax \(Kallax / 4pcs, Black\)](#)

- 4 x 2" x 8' Pine boards
- Pack of one inch carpentry screws

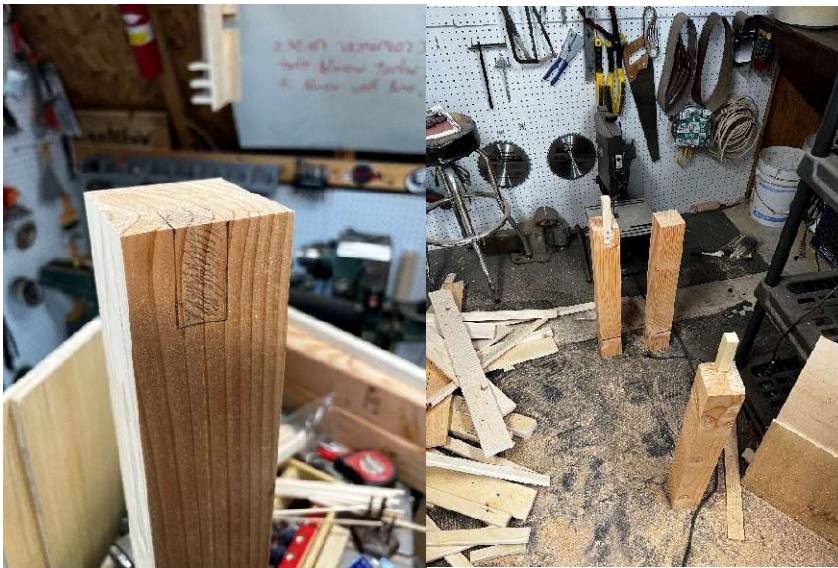
Tools Required

- Router with a 1/4 inch cutting bit.
- Drill
- Basic hand tools (To disassemble the Table)
- Saw

Starting off, this build can be completed without any DIY or modifications depending on what massage table you select to be your starting project. I produced this build concept after attending CapCon for the first time and saw that all the changing rooms had a foldable massage table to be used as a changing table. It was such a brilliant idea for me that I decided to buy one as we were driving home. That being said... if I were to do it all over again, I would not have gotten the table that I purchased. I am incredibly happy with it now after the modifications I made, but I had purchased the cheapest table available on Amazon. It had skinny wooden adjustable legs and never felt very solid unlike the ones at CapCon.

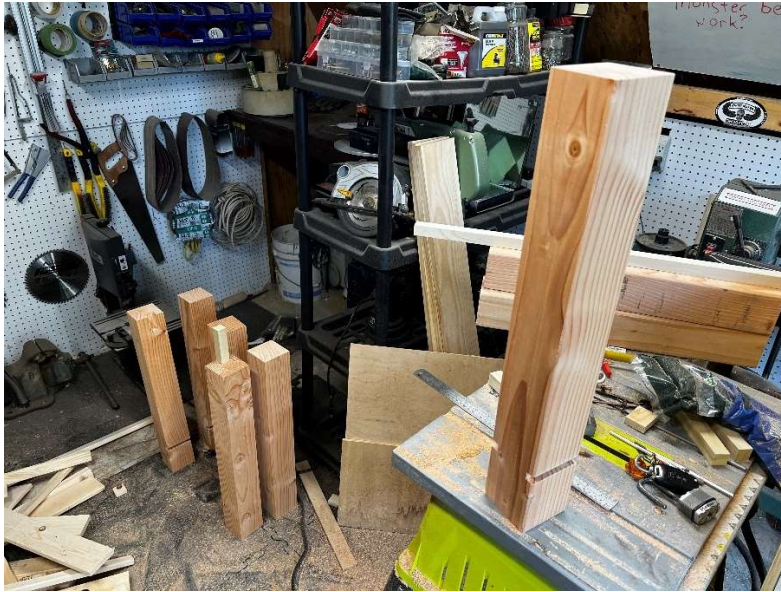


Improving the table was easy enough. I removed the original legs by unscrewing the single screw that secured each leg and then I cut six 4x4 pine posts to my desired leg height. I then marked where the 1x1 inch legs had been on each of the posts and then using a router I removed a two inch long by 1 inch channel in each post so that it would match up with the leg slots. I then glued in the one-inch dowel rod.

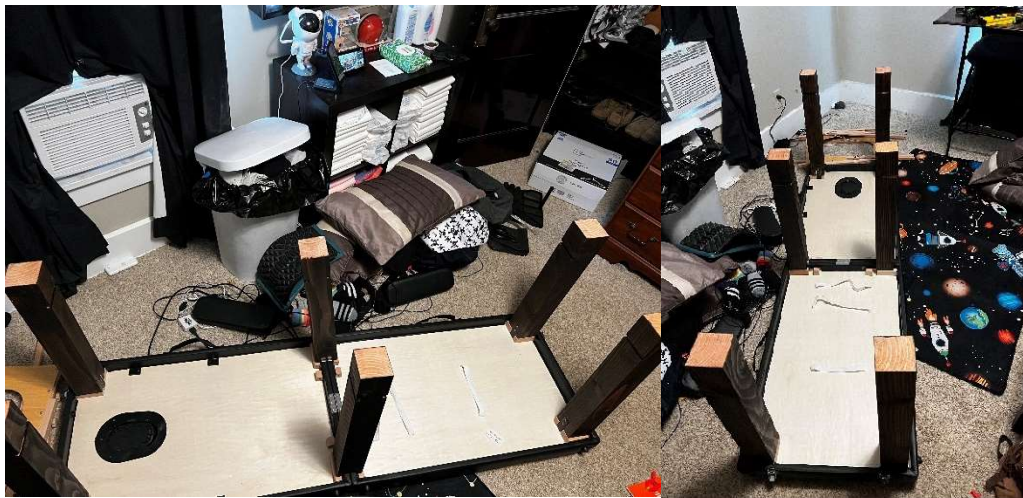


To add an under shelf and to add more stability to the legs I cut a 1/4-inch groove using the router in each of the posts on the left and right and two on the two middle

posts so that I could slide two MDF sheets between them to act as shelves.



Lastly, I added a strip of the 2-inch boards, one at the point of the shelf and the second at the top just below the tabletop.



My recommendation to someone looking to have a changing table of their own is to purchase a better quality and designed massage table. You could potentially find a rock-solid table and just put shelves underneath it or even simply slide a shelving unit under the table rather than having to build it.

Baby Jp – Baby Steps



[Amazon.com: PayLessHere Massage Table Lash Bed 2 Fold Spa Bed 74"Lx28"W PU Leather Massage Bed Height Adjustable Massage Bed Heavy Duty Stationary Spa Table Salon Facial Cradle Bed : Beauty & Personal Care](#)

PART III: The Community

(Need introduction for the Community section)

Chapter Six: Joining the AB/DL Community

Part 1: Safety

Diapers, age play, feeling little, or maybe being a caregiver is your thing, but you want to make the leap to meet with others to play and start relationships with like minded individuals. This series of articles is for you.

The AB/DL community spans the globe with a large number of littles, caregivers, subs, and doms. Finding individuals, organized groups, play parties, events and even conventions, all comes down to knowing where to look, but before we talk about networking, safety is the first thing to discuss. As they say... Safety first!

Safety First

Please read this next section and know that meeting other AB/DLs and attending events carries with it the same risks as dating or going to a bar does. If you act safely and do your due diligence, then meeting other like minded individuals is a pleasant and normal experience. I personally have met with hundreds of AB/DLs over nearly 20 years in the community as well as attended several age play conventions and I would recommend it for all, but you need to do so safely and also feel safe doing so. Showing others your little side is when you are most vulnerable and so it is important to establish trust early on.

Never Never! Never!!! give out your private information. Use a scene name. Something easy to remember, spell, and say. Giving out your personal name and personal information such as your occupation, zip code, or other identifying details are what phishers, blackmailers, and doxers are trying to gather on you. Revealing your state or country can help find genuine AB/DLs in your area. If you live in a major city it may also be acceptable, but just remember the more information you give out, the better possibility someone could try and take advantage of you.

If you are meeting someone for the first time it is always a good idea to have a few safety precautions in place. First, always have a “secret keeper.” What this means is you tell a trusted person or group who you are meeting with, where you are going, when, and make sure they know you will check in after the meeting. If you only have vanilla friends that you are uncomfortable telling, Let online AB/DL friends know. (We will talk about how to meet and make those friends shortly) The point of having a secret keeper and letting the person you are meeting know that someone knows were and when you are meeting as a deterrent. This is a normal safety practice when dating for the first time or going to areas you haven’t been to or are unfamiliar.

The second safety practice you should follow when meeting someone for the first time is to meet in a neutral public space. Although many ABDLs may want to rush right into do a scene, at someone’s place or a hotel room it is important to meet the person first and make sure they are someone that you not only feel safe to be around, but also passes what I like to call the “Smell test” The smell test not only refers to the literal BO

aspect that may be a turn off, but also refers to any metaphorical issues or behaviors that may make you not wish to proceed with a future relationship.

Another safety practice that is important to follow when you are planning on meeting someone is to keep the hormones under control and never participate, agree to, or plan anything while you are either intoxicated or blindly horny... You must be sober and clear headed or lines could be crossed that either party didn't understand existed. Save the hormones for later when you have built trust with each other and have a clear understanding between the two of you of safe words, consenting, and what are your dos and don'ts. Having these conversations will ensure you have realistic expectations moving forward and there are no miscommunications that would cause a feeling of being unsafe.

"If it sounds too good to be true then it probably is!" I am sorry to say this but there are several fake mommies/daddies, littles and downright scammers that exist that try and prey on desperate AB/DLs looking to play with someone. I have mainly experienced these scammers on social media accounts like Instagram, twitter and blue sky. The conversation nearly always occurs the same way. An individual will private message asking basic info like "Are you a baby or into diapers" and "where you are from." Information that most people would already know if they looked at your bio. The conversation will then move on to "Do you have or want a mommy?" These are what I call pay to play scams.

There are individuals that do run a paid escort type of nursery but those individuals do not blindly reach out direct and offer their services. What generally happens with these scams is you will pay the person and they will either ghost you when the money hits the account or they will schedule an appointment and then offer excuses why they couldn't make the meeting or some other BS.

Another scam that has recently been reported is people offering a "Official membership" in the ABDL community for a fee and you will receive a "official membership card" or some "potty training card" This is also a total scam. Potty training license cards do exist on Etsy, but they are just for fun and the seller is not a part of this scam.

A scam that occurs during a particular time of the year to avoid is the Convention ticket scam. Conventions like CapCon do not have ticket scalpers or a way to purchase a ticket off of an individual that can no longer attend. The only way to get a ticket to CapCon is through their official website when their tickets are on sale. Every single year there are always several sad stories of some AB/DL who was not able to purchase a ticket when they first went on sale and is dupped into "buying a ticket from someone who can't go or has an extra ticket." Those situations can't and don't exist as all ticket sales are strictly controlled through the official website and also all attendees are vetted by the convention.

Consent Agreement

As mentioned before, it is important to have conversations prior to play to make clear what all party's intentions are, to plan scenes and establish things like safe words, gestures, and dos and don't lists. Consent is the most important part of a scene or meet-up. My personal philosophy in regards to potential play partners, the most important thing for me is to establish a rock solid friendship foundation and build trust before doing any major scenes or kink play, especially any bondage scenes.

Establishing a consent agreement or contract is something you can do in person or through chat to set ground rules, preplan a scene, and also establish limits, safe words and create the vital communication piece to ensure a safe and enjoyable experience for all participants. A consent agreement doesn't need to be a physical and literal contract, but that is something that exists and is a vital tool to ensure safe play is experienced by all.

Chapter Six:

Chapter Seven: AB/DL Games

Bad Baby Bingo

Do you feel Lucky? Do you need an interesting game to break the ice at your next AB/DL Play party? Or you want to randomize a scene, punishment, or pleasure... Then Bad Baby Bingo is the game for you!

The Game Rules are simple enough. Before the game begins every player will make their own bingo card or they can use a card from a set. All of the players will also submit Punishments, Scenes, or Pleasures that everyone would consent to participate in.

Fourteen consequences/awards are to be chosen then assigned to each "win."

- Five, one for each horizontal line
- Five, one for each vertical line
- Two for each diagonal line
- One for four Corners
- One for a filled card

Some suggestions are:

- Wear a Paci/dildo gag for X period of time.
- Force feeding of Baby Food (Good or Bad could depend on the line)
- Spankings (Number could depend on the Line)
- Enema or suppository insertion
- Body writing/shame/humiliation
- Magic Wand time
- Locked in mittens.
- Locked in booties.
- Secured in a straitjacket.
- Forced to drink a bottle of castor oil.
- Awarded Candy
- Win a coloring book.

Playing to fill the card should deserve an extra special prize.

- Chastity – and every uncalled number remaining equals the days locked up.
- 247 diapers – and every uncalled number remaining equals the days in diapers
- Daily Spankings – and every uncalled number remaining equals the days the spankings go on and the total count of numbers called equals the spanking count.

Playing

Unlike in a normal game of Bingo where the player retains their card, if you are playing a version with many punishments the players will trade cards with each other. Each player will score the other player's card. If a bingo is called that owner's card will endure the appropriate punishment, but if a scorer calls "Bingo" and it is not a genuine "Bingo" they will receive the punishment that would have otherwise been intended for the card's owner.

If a "Bingo" is declared and validated the punishment/prize can be conducted immediately or following the game but it is recommended to do so immediately, then after the punishment is dealt, the game may proceed further.

Making Homemade Bingo Cards

If the players are going to make a homemade bingo card all they need to do is Write: BINGO at the top of a piece of paper.

- Under the B column write five numbers 1-15
- Under the I column write five number 16-30
- Under the N column write five numbers 31-45
- Under the G column write five numbers 46-60
- Under the O column write five numbers 61-75

Bingo Numbers Generator

If you do not own a bingo set, you can use a phone or computer to access a **Bingo Game Numbers Generator** to call the numbers for free.

Don't Wake Mommy! (AB/DL Card Game)

Game plays 2-4 Players (Addition Decks can be added for more players)

How to Play

For this game all you need is some friends and a deck of cards. The point of this game is to create two four- of-a-kind sets (All of one number or face cards in all four suits, Excluding the Aces) Once a four-of-a-kind is made the four cards are discarded separately and removed from the game. Once you have two full sets you have won, And Mommy can't get you and the game is over. If you have an Ace (Sleeping Pill) in your hand and you draw the dreaded mommy card. The Ace is set beside the draw deck face up, and the Queen is placed back in the deck along with the drawn and discarded cards. The whole deck is then reshuffled, and the next baby will draw from the top of the reshuffled deck.

If you draw the mommy card and do not have a sleeping pill in your hand you are to be punished with a spanking. The number of spanks is equal to the total numerical value of your hand. (Face cards are worth 10 each)

If a Sleeping Pill card is in play and you draw the Mommy card and do not have a Sleeping Pill your punishment is increased based on the Sleeping Pill. (See Below)

Ace of Clubs – Spanking Inflicted with a Paddle
Ace of Diamonds – Double the Spanks
Ace of Spades – Spanks Inflicted with a Flogger
Ace of Hearts – Spanks Inflicted on Bare Thighs or Ass

Setting up the Deck

Before the game starts you need to remove three of the four Queen cards and put them back in the box. Set the fourth Queen aside.

Starting Out

At the start of the game all the players will sit around in a circle. To decide who deals everyone draws a card and the closest to the Ace is the dealer. If there is a tie draw another card as a tie breaker. The players will be dealt five cards face down. Once all the players have their cards, "Mommy" will go to sleep, and the Queen will be inserted into the remaining cards in the deck and shuffled several times.

Rules And Turns

The first person to the left of the dealer will flip up a card. They can decide if they want to take it or leave the card. If the player decides to take the card, they may discard one card if there are five total cards in their hand, but they are not required to discard, but the more cards in you hand the more potential spankings if you wake mommy.

- If the player rejects the flipped card or discards one of their cards, the next player may take the card rather than drawing a new card.
- If the player wants a card that is buried under two, three, or four other cards they MUST pick up ALL those cards and they are not permitted to discard until their next turn.
- Players that have more than five cards may discard a single card on a turn without picking up a card if they did not pick up more than one card on that same turn
- When a player completes a four-of-a-kind they will discard the four cards from the game, and they are not required to draw additional cards even if their total number cards would be less than five total cards
- When a Sleeping Pill card (Ace) is played the Player may have less than Five cards in their hand following playing the Ace until they draw another card then they will not be permitted to discard.

Candy Poker

Game plays 2-8 Players

How to Play

This isn't some wild and crazy kink game, but this was how I learned to play poker as a child when I didn't even know it was gambling or what gambling was and it was always a great time at birthday parties and other gatherings... It is the standard game of poker, it doesn't have to be five card poker, but that's how I originally played so that is the example I'm using. All you need to play is a deck of cards, a group of littles, but since littles and babies have no concept of money the currency of play is bags of their favorite candy!

Starting Out

1. The game starts with each player placing an ante of candy in the middle of the table (the pot) to start the hand.
2. Each player is dealt five cards.
3. A round of betting ensues and the players can check, bet, or fold.
4. After the round of betting, the players request up to three cards from the dealer and discard the number of cards they request. The dealer deals each player the requested number of cards.
5. Another round of betting takes place, starting with the player to the left of the dealer. Once everyone has check bet or folded the player that is being called shows their hand and the best poker hand wins the pot of candy.

Poker Hands by Seniority

ROYAL FLUSH

This hand contains five cards in sequence, all of the same suit.



STRAIGHT FLUSH

This hand contains five cards in sequence, all of the same suit.



4 OF A KIND

This hand contains all four cards of one rank and any other unmatched card.



FULL HOUSE

This hand contains three matching cards of one rank and two matching cards of another rank.



FLUSH

This hand contains all five cards are of the same suit, but not in sequence.



STRAIGHT

This hand contains five cards of sequential rank in at least two different suits.



3 OF A KIND

This hand contains three cards of the same rank, with two cards not of this rank nor the same as each other.



2 PAIR

This hand contains two cards of the same rank, plus two cards of another rank.



1 PAIR

This hand contains two cards of one rank, plus three cards which are not of this rank nor the same.



HIGH CARD

made of any five cards not meeting any of the above requirements.



Chapter Six: A Guide to AB/DL Websites

At the time of writing this article, these are the websites I always recommend to AB/DLs seeking to find others in their areas, looking for age play resources or to socialize with like minded individuals. I am not including social media accounts like Bluesky, Twitter, or Instagram as they are not dedicated websites AB/DL.

Before I cover each website, I recommend if you do decide to join any of the listed websites my advice to you is this: you will get out of it what you put into it. For over 20 years I have encountered many of age players that complained they couldn't find friends, or they were rejected to everyone they spoke to on some of the websites and when I looked at their account it was either blank or had little to no information on it. Many AB/DL refuse to interact or communicate with blank or lacking profiles. There are some that block those without a profile picture.

If you join a website, take the time to make a profile, write a bio, let people know what you are interested in, and it is always a good idea in chat to ask for permission before direct messaging.

The Daily Diapers



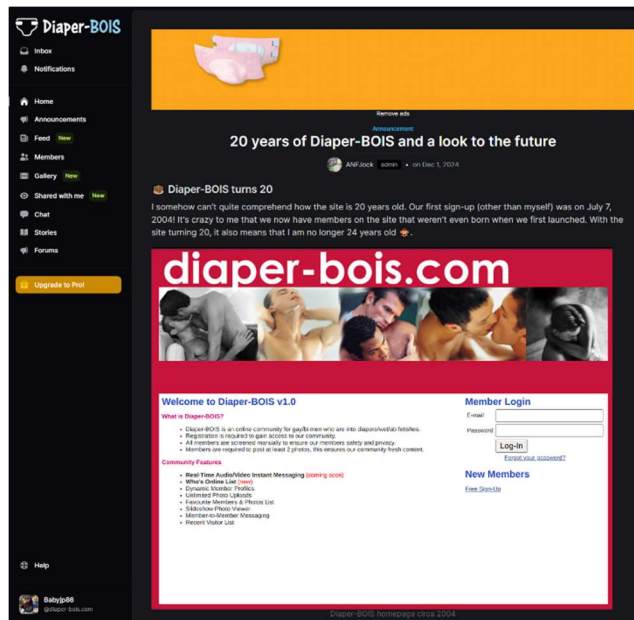
Possibly one of the oldest AB/DL websites, the Daily Diaper is a massive resource of information. The website features forums, chat, diaper products reviews, galleries, a massive story library and large local scene finder resources to help you find friends and events in the area and so much more.

You can create a personal account on daily diapers with your own page that allows others to see your

interests, bio, and social history as well as follow you.

<https://www.dailydiapers.com>

Diaper-Bois

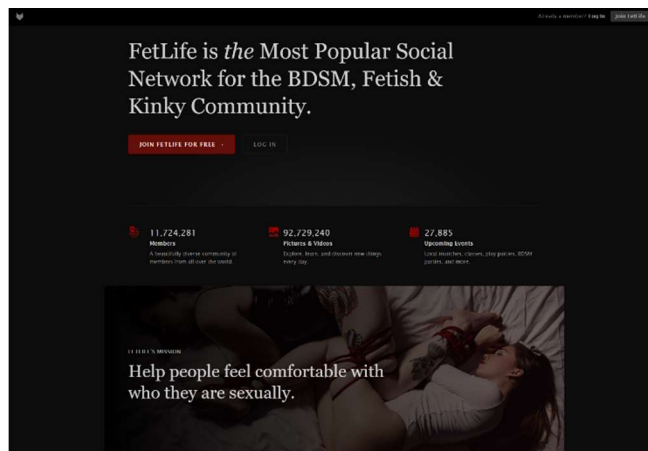


Diaper-Bois could be considered a gay only AB/DL website, but it is not exclusive to gay men. The website has had a couple updates in recent years and has several pending upgrades being promoted.

The website features a forum, story library, gallery, and chat channel. Like other AB/DL websites you can make a private profile on Diaper-Bois that can feature your own personal gallery, bio, and interests.

<https://www.diaper-bois.com>

Fetlife



This isn't exactly an AB/DL website. Think of it as a sort of Facebook for fetishists. I consider this website to be one of the best for finding local munches and AB/DL groups, but I have also had some unsolicited/unwanted messages sent my way but that's why the website features a block option.

Fetlife is a very detailed personal profile website like a Facebook concept.

You can seek out groups to join and there are many dedicated groups to Fetishes like AB/DL or just based on region.

<https://www.fetlife.com>

ABKingdom



<https://www.abkingdom.com>

This is an international AB/DL website based I believe out of France or Europe. It's not a website that I frequent daily, but as an avid age play story reader, I really enjoy many of the stories and other resources posted.

I consider this more of a resource website, but for the international AB/DLs out there this may be more helpful. I'd still recommend it for all to check out!

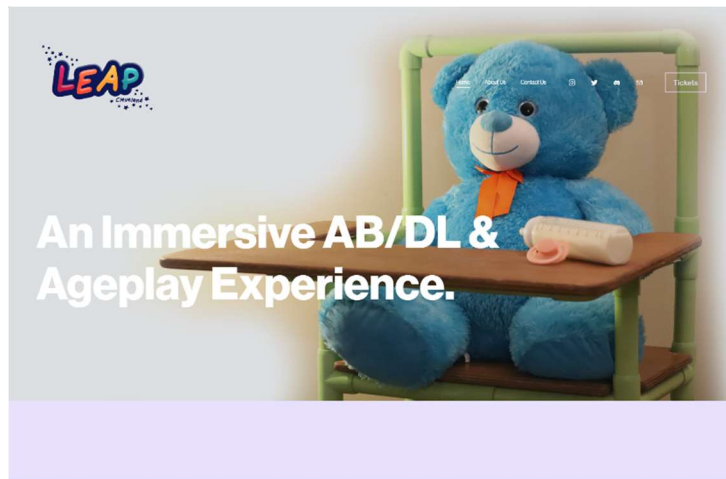
CapCon



<https://www.portal.capcon.club/home>

This is the only AB/DL convention website that I have included in this list. If you are interested in attending an age play convention, then this is the website you will need to go to to register. You will get announcements for the next age play convention as well as purchase your tickets through the CapCon website. This is the resource for anyone wanting to attend their first Age play convention.

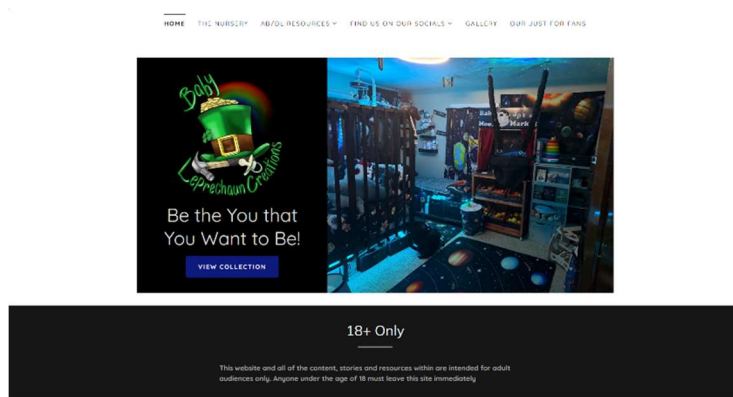
LEAP



<https://www.leapcleveland.com>

Lake Erie Age Players is a private AB/DL group based out of the Cleveland Ohio Area. I include them because I've been a member for 10 years, but also because I want to show that there are groups out there that do host local events and offer AB/DL resources and Munches other than large expensive events like CapCon.

Baby Leprechaun Creations



just love to socialize.

<https://babyleprechauncreations.com>

Last and I hope you don't think of as the least is my own personal AB/DL website. I use it as an example to point out that there are several individuals, like me, that want to offer advice and guidance in the age play community. Many of those individuals have websites that either sell products, pictures, or

Epilogue

Insert content here...

Keep it short and sweet. Mention the key highlights of the book and the action steps to solve the problems. Remind the reader of how taking the said action steps will benefit them.

Bibliography

Appendixes

I. Diaper Bag Check List

- Diapers x2
- Boosters x2
- Changing Mat
- Changing Supplies
 - Powder
 - Lotion
 - Baby Oil
 - Disinfectant wipes
 - Wipes
 - Lube
 - Condoms
 - Protection
- Discreet Disposable bags
- Deodorizer
- Spare pair of jeans
- Socks
- Diaper cover
- Spare shirt/onesie
- Headphones
- Gaming device/stimuli
- Paci
- Bottle

II. AB/DL Consent Agreement

This contract dated _____ is the complete and entire agreement between the signatories. I _____, being of sound mind and body (hereinafter referred to as the “Caregiver”), and _____, being of sound mind and body (hereinafter referred to as the “Little”). The terms of this agreement will begin on _____ at _____ [AM/PM] and will remain in effect for a period of _____ ending on _____ at _____ [AM/PM].

This contract shall also become null and void immediately upon request of the injured party following any material breach of the contract or in such situation that a “Safe word” is used and any or all parties wishes to halt any and all activities. Should the injured party agree to continue with the contract following any material breach, the broken clause shall still remain in effect for the remaining terms of the contract.

Caregiver Agreements

1. Caregiver shall be responsible for keeping Little safe at all times.
2. Caregiver will not allow or make Little scene with any minors, animals, or in a public place involving nonconsenting public at anytime.
3. Caregiver will do everything within their power to nurture, educate, train, shape, and mold Little into the best Little possible.
4. If diapers, pull ups or any potty training implements are used in play the Caregiver will ensure the Little is checked regularly and if it is determined that a change is required Caregiver will facilitate a diaper change or potty visit.
5. Caregiver will ensure that Little receives proper nourishment regularly and is always properly hydrated.
6. Caregiver will make sure Little is mentally, emotionally, and physically stimulated at their discretion and will ensure the Little’s best interests are the Caregiver’s Primary concern.
7. Caregiver will receive pleasure from the activities outlined in clause 6 above.
15.
8. Caregiver shall pick out the entire wardrobe of Little when they are going out in public, however, Caregiver may instruct Little to pick out said wardrobe and punish Little for selecting an inappropriate outfit after Little has received proper training on appropriate outfits for public display.

9. Caregiver shall respect and honor the invocation of the Safe Word (“ _____ ”) by Little. If verbal utterance of the Safe Word is not possible (Paci gag, Nonverbal, or other cause) the Safe Gesture is (“ _____ ”)
10. Caregiver will push Little’s limits to help Little grow in the life and position.
11. Caregiver will respect all hard limits of Little.
12. Caregiver agrees to help Little on any new interests that Little discovers.
13. Whereas both parties will be working outside the home, Caregiver and Little shall share in housework as enumerated by Caregiver.
14. If Little violates rules clearly set before them in the Caregiver’s expectations, misbehaves Caregiver shall inform Little the reason for any punishment. Periodically during the punishment Caregiver will remind Little the reason for the punishment although that can come from the Caregiver in the form of “Why are you being punished?” with an appropriate response from Little.
15. Whereas either party believes that family is important Caregiver will not keep Little from staying in touch with their family and will not unreasonably withhold trips for Little to visit their family. The same goes for the Little in not restricting the Caregiver should they wish or choose to stay in touch or visit family.
16. Should the Caregiver allow the Little to scene with anyone the Caregiver shall be present during the entire scene in order to assure that the Caregiver is unharmed and not forced to do anything on Little’s hard limit list.

Little Agreements

1. Little agrees to maintain body by regular bathing and all other routine body care (e.g. brushing teeth, etc.).
2. Little shall respect Caregiver at all times.
3. Little shall never remove or attempt to change diaper at any time.
4. Little is to be in diapers.
5. Little shall make themselves available for play by the Caregiver in anyway the Caregiver desires, within the terms of this contract.
6. Little shall not have any sexual contact at any time without permission from Caregiver.

7. Little shall not orgasm without permission from Caregiver.
8. Little shall not invoke the safe word unless absolutely necessary.
9. If Caregiver and Little are present at an event and Little witnesses something they desire to experience Caregiver will not unreasonably withhold permission of Little to participate.
10. Should Caregiver and Little find a mutually agreeable partner(s) who fits into the family dynamics well, Little agrees to accept said partner(s) into the family. Caregiver, Little, and potential new partner(s) will sit down together to draft a mutually acceptable contract between all parties involved. The new contract may or may not replace this contract.
11. Little shall count each stroke when being punished by flogging, caning, etc., and also must thank Caregiver following each stroke.

Hard Limits

(At the time of approving and signing of this contract. Both parties need to discuss and document any Hard Limits in the below sections. Caregiver and Little need to document any hard limits that exist for each of them and the opposite initial to affirm understanding to the limit.

	<u>Caregiver's Hard limits</u>	<u>Initials</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

Little's Hard Limits

Initials

Baby Jp – Baby Steps

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

These terms are mutually agreed to by the affixing of the respective signatures below.

Caregiver's Printed Name

Little's Printed Name

Caregiver's Signature

Little's Signature

Date

Date

Acknowledgement

To my friends, Riley, Taylor and Lake Erie Age Players.

You have taught me so much about this wonderful community and put up with my brat tendencies, keep me in line and always bring joy and light into my nursery when the despair of depression sets in.

I am eternally grateful for your love and support.

About the Author

I'm Jp. I've been apart of the AB/DL community for over 20 years. I'm an AB/DL focused writer, content creator, DIY nursery furniture designer and live the lifestyle 24/7.

