



Baby Bedtime



Baby Bedtime

Listen to my voice and obey as you are taken through a typical night as the cute and adorable baby that you love to be each and every day. Develop the habits and desires that any small child will have as they are being put down for bed. Know that you find the most comfort whenever you act like an adorable and carefree baby and that you will listen to this file every day in order to develop the habits that you need to be the happiest in your future.

1. **Playtime**

Wake up to find yourself dressed in your favorite childish clothing as you play with your interesting toys and watch colorful cartoons. Remember how much you love spending your free time only doing things that an adorable little toddler would do.

2. **Parent**

Giggle and happily clap your hands as your loving parent walks into the room. Know that every happy and adorable toddler enjoys being submissive and listening to everything that their loving parent tells them to do because they know that it is in their best interest to do so.

3. **Dinner**

Sit in your comfortable high chair as you are fed your favorite baby food by your loving caregiver. Learn that sitting in a high chair is completely comfortable and always brings you pleasure and makes your food taste even more delicious.

4. **Changing Time**

Find yourself messing your diapers uncontrollably after your meal, just like a real toddler. Discover joy and happiness and excitement as your loving parent puts you on the changing table and replaces your comfortably wet diaper with a fresh, dry diaper.

5. **Company**

Giggle as your smart and loving parent opens the door and invites guests into your house. Remember that you always love to act like a carefree little toddler, and know that the only way to become a baby completely is to behave like the child that you love to be whenever you are interacting with strangers.

6. **Tantrum (Slut Exclusive)**

Enjoy your time playing with your new adult friend and naturally find yourself throwing a tantrum when they leave. Remember that throwing a childish tantrum is completely normal for an adorable little toddler such as yourself, and that you need to throw tantrums often in order to tell the people around you the things that you desire



7. **Bath Time (Slut Exclusive)**

Happily play with your favorite toys as your loving parent gives you your nighttime bath. Find yourself feeling sleepy and satisfied as your caregiver places you into a fresh, dry nighttime diaper before bed.

8. **Baby Bedtime**

Fall asleep dreaming of your perfect baby future. Know that it is only appropriate to dream of how much you love being a baby and how amazing your life will be once you have accepted your status as a full-time toddler. Remember that it is never acceptable for an adorable little baby such as yourself to ever wake up dry, and that you will stay in bed and wet yourself if you ever wake up in the middle of the night for any reason.

Sleep peacefully and wake up as the adorable baby that you love to be.

❖ **Playtime**

You can find yourself feeling even more relaxed and comfortable and receptive as you fall deeper and deeper into a calming and soothing and obedient hypnotic trance with the sound of my voice. Yes. And as you slowly start to become aware of your surroundings, you can find yourself sitting with your legs crossed in front of a large TV that is playing your favorite childish cartoon, the bold and fun characters acting out exciting and engaging scenes for your enjoyment. Pleasure. Cute. Adorable. You look down to see that you are sitting on a colorful foam playmat that stretches out to cover the entire floor of this very familiar living room and can find yourself feeling excited and happy and thrilled to have that much space to roll around on and perform any other childish activities that you may desire. Yes. And as you excitedly wiggle to move like the toddler that you have always loved to be, you can find a soft crinkling sound coming from beneath your clothing as you reach down to find that you are already comfortably diapered under your completely cute and fleecy and warm childish onesie. Yes. You discover yourself rolling onto your hands and knees from your seated position as you start to crawl and begin to explore the large room as the TV continues to play cartoons on low volume in the background. A large chest sits against the wall a few feet away from you, and you can crawl in the direction of the chest as you begin to feel excited to discover what toys and games are inside. Excitement. Desire. Happy. And as you continue to crawl towards the chest, you can discover yourself feeling even more happy and excited and pleased that you have decided to change and remold your life so that you can be the most perfect toddler that you can possibly be each and every day. Yes.



You can find yourself feeling even more carefree and happy and cheerful the closer that you get to the completely fun and entertaining and amusing chest that you intuitively know houses all of the toys and games and stuffed animals that you desperately desire to play with. Safe. Pleasure. Adorable. You lift the lid of the box with your small childish arms, finding piles of stuffed animals, toys, coloring books, crayons and markers in every color imaginable, and you can smile in anxious anticipation as you instantly find the favorite childhood toy that you were looking for. And as you play with your completely fascinating toy, you can find yourself feeling carefree and happy and cheerful, knowing that you have nothing to do except for being an adorable toddler that you love to be each and every day. Yes. You can find yourself easily letting go of all of your totally inappropriate and stressful and boring adult thoughts and feelings and desires and focus only on the joy and satisfaction and fulfillment that you feel whenever you play with your completely fun and adorable and proper toddler toys. Happy. Loved. Desire. You discover yourself remembering how satisfying and fulfilling and pleasurable it feels to spend your free time being happy and worry free and adorable as you do all of the childish things that a toddler would desire to do. Yes. You intuitively know that playing with your simple, childish toys advertises you as the adorable and cute and little toddler that you have always desired to be and you can discover yourself feeling happier and more satisfied and accomplished the longer that you play with your toys in the simple, childish manner that makes brings you the most happiness. Confident. Cute. Pleasure. And as you pull more toys and games from the chest, leaving your activities spread out on the ground for you to enjoy whenever you desire, you can find yourself remembering that you prefer to spend all of your free time behaving like a toddler by playing with toys and watching cartoons and easily letting go of all of your boring and tedious and uncomfortable grown up thoughts. Yes. Watch as the bright colors and soothing visuals of the cartoon on the large screen in front of you entrances you and pulls you deeper and deeper into a calming and soothing and relaxing hypnotic state.

✧ **Parent**

You can find yourself feeling happy and obedient and comfortable as you drift deeper and deeper into a soothing and relaxing and satisfying trance with the sound of my voice. Yes. And as you slowly start to become aware of your surroundings, you can find yourself feeling more and more happy and comfortable and relaxed with every breath that you take. Yes. You can continue to breathe deeper in and out as you discover yourself staring at the completely interesting and appropriate and mesmerizing cartoon playing on the screen, the familiarity of your favorite childish show helping you become soothed and comforted and obedient as you listen and obey every word that you hear.



Safe. Pleasure. Desire. You can look around the room and find that all of your toys are spread out across the floor, the lid to the toy chest wide open and eagerly waiting for you to return to it and in order to find more items in which to play with. Yes. You can find yourself feeling excited and eager and enthusiastic as you again crawl towards the completely interesting and exciting toy chest and begin to rummage through the fascinating coloring books, finally settling on an image based off of the cartoon characters in the television show playing on the screen. Peaceful. Relax. Soothing. You bring the book and a box of crayons to the front of the screen before laying down on your stomach and opening the book up to find the image of a fun character to color in. You can naturally find yourself feeling indecisive and doubtful and hesitant when it comes to picking a page to color, knowing that the more indecisive you are the more you are advertising yourself as the adorable and cute and innocent toddler that you have always been and desire to be in your future. Yes. And as you flip through the pages of the book multiple times, unable to settle on a the image that you wish to color in next, you can see your loving parent walking through the door and greeting you. Yes. You can naturally discover yourself smiling widely and looking up at your attractive and loving and smart caregiver, as you push your tiny toddler body up from your laying position to kneeling on top of your comfortable and safe diaper. Cute. Adorable. Desire. With your feet tucked under your butt, you can find yourself raising both of your arms in a gesture for your loving parent to give you a hug. Yes. Your parent sees your childish gestures and walks over to where you are sitting and lifts you up into their strong and loving and secure arms, enveloping you in a tight, soothing hug, making you giggle as their lips plant kisses on your willing cheeks and forehead. Excitement. Pleasure. Safe. Your loving caregiver looks down at the mess that you have created with your toys and asks if you have been having fun. You respond by nodding your head as you nuzzle your face even deeper into their neck, feeling pleasure and happiness and relaxation the closer that you become. Yes. Your loving parent bends down and picks up the coloring book and crayon pack in one hand and sets the items down on a low coffee table before setting you down in front of it and lowering themselves to sit on the floor beside you. Peaceful. Desire. Happy. They flip through a few pages of the coloring book and find a page that has two uncolored scenes next to each other before asking if you would like to color together. Yes. You can discover yourself giggling and clapping your hands in joyful agreement as you pick up a crayon and start to color in the page closest to you as your parent smiles and starts to work on their own page. Yes. And after the coloring is finished, you can feel the freedom to proudly clap your hands and smile as your caregiver praises you for a job well done. Yes. Your loving parent checks the time and tells you to clean up your toys and that dinner will be ready soon. You know that any



command or instruction from an intelligent and loving adult is completely important and must be obeyed immediately and you can discover yourself instantly packing up your crayons and gathering up all of the toys that you have spread over the room, placing everything back into its proper position in the toy chest. Loved. Adorable. Cute. You intuitively know that your parent is smart and intelligent and correct and that you are always making the correct decisions in your life whenever you are obedient and happy and submissive to your loving parent's desires. Yes. Feel even more comfortable and obedient and happy with each movement that you make as you crawl along the playmat, floating deeper and deeper into a calm and receptive state on the waves of your own hypnotic trance and feeling even more calm and soothed and relaxed with the sound of my voice.

✧ **Dinner**

You can find yourself feeling comfortable and happy and obedient as you fall deeper and deeper into a calming and soothing and relaxing hypnotic trance. Yes. And as you slowly start to become aware of your surroundings you can discover yourself sitting in your safe and comfortable diapers in front of your interesting and exciting toy chest, rearranging the items inside so that you can fit all of the toys that you were playing with into the box, before closing the lid just like your attractive and strong and smart parent has taught you to do. Safe. Relax. Pleasure. You can think about how smart and caring and intelligent your caretaker is and you can find yourself feeling grateful and thankful and excited that you have such a smart grown up to take care of you and tell you all of the ways in which you must act in order to lead you towards the future in which you most desire. Yes. You intuitively know that everything that your caretaker tells you to do is completely correct and appropriate and necessary in order to live your ideal toddler life and must be followed completely so that you do not feel anxious and worried and unhappy about having to make your own frustrating and complicated adult decisions each and every day. Yes. You intuitively know that your caretaker is always aware of what is best for you and you know that obeying and being completely submissive to everything that they tell you will help you to live the cute and adorable and carefree life of a perfect little baby that you have always desired. You can find yourself feeling happy and comforted and carefree and more able to live your own life as the adorable toddler that you desire to be by allowing your loving parent to make all of the boring choices and decisions for you, such as deciding which scene to color in your completely interesting children's coloring book and when to clean up your toys before dinner. Happy. Relax. Soothing. You can stuff the last few toys into the toy bin, and try to shut the lid, but become frustrated when it pops back open until you find yourself beginning to feel the telltale signs of an anxious



whine begin to form in the back of your throat. Yes. You watch as your caring and loving and attentive parent walks back into the living room as you become frustrated with your clean up task, easily helping you rearrange a few toys so that the lid to the toy chest can close completely. Comfort. Loved. Safe. You intuitively know that your loving parent will always fix your complicated and frustrating problems whenever you desire, and you can raise your arms in the air as a signal that you are now hungry and ready for dinner. Yes. Your loving parent smiles and picks you up, walking you into the dining room, where a big table with grown up seats, set up for company sits in the middle of the room, your special high chair set up in an empty space next to a variety of cut up foods in small colorful bowls ready to be fed to you. Your strong and caring and loving parent easily lifts you into the comfortable and safe and secure high chair, looping the shoulder and waist straps around you and locking them before attaching the tray table. Cute. Adorable. Loved. You can look at the delicious food in front of you and find that your loving parent has taken the time to make all of your favorite baby foods, cutting up fruits into tiny pieces and pureeing your entree into a flavorful and easy to eat portion. Yes. Your parent uses a small spoon to scoop up a tiny amount of your entree and you can find yourself intuitively opening your mouth in order to be fed. Yes. And as you eat small spoonful after spoonful of delicious baby food you can find yourself thinking about how pleasurable and satisfying and enjoyable it feels to be sitting in a secure and comfortable high chair as you are fed your meals. Happy. Desire. Pleasure. You can continue to sit in your comfortable and relaxing and pleasurable high chair as you can think about how much you are loved and cared for and cherished by your smart and attractive parent because of the time and effort they have put into making all of your favorite baby foods and feeding them to you in small baby sized bites. Yes. And as each delicious bite disappears into your mouth, you can find yourself falling deeper and deeper into a calming and soothing and relaxing trance, the world fading to darkness, discovering yourself feeling even more obedient as you fall deeper and deeper into a receptive hypnotic state.

✧ **Changing Time**

Feeling happy and loved and obedient as you drift deeper and deeper into the pleasure and warmth and euphoria of your personal hypnotic trance. Yes. And as the veil slowly lifts from your willing and receptive mind, you can find yourself buckled securely into your high chair, your loving caregiver wiping your mouth with a soft cloth as you notice that all of the colorful bowls are now empty and stacked neatly on the table, ready to be washed and put away. Loved. Happy. Confident. You can feel a fullness in your stomach now that you have finished being fed your childish and delicious meal as your parent places a



small sippy cup filled with your favorite drink in front of you before gathering up all the dirty dishes and leaving you so that they can clean up. Yes. Your full and satisfied stomach gurgles as it digests the pureed baby food and as you suck on the comforting and tasty and delicious sippy cup, you can find yourself pleasurable and uncontrollably letting go of your bowels into your safe and protective diaper and can feel satisfied and accomplished and fulfilled as your completely safe and secure and protective diaper begins to feel warm and comfortable and arousing with every movement that you make. Adorable. Desire. Pleasure. You can find yourself swinging your legs back and forth childishly in your high chair, the motion making your full diaper squish and crinkle and mold against your body, leaving you feeling satisfied and happy and excited that you have messed yourself unconsciously just like the little child that you love to be as you wait for your smart and strong and caring parent to return. Yes. You giggle and smile widely as your caretaker returns, their hands still slightly damp from washing the dishes as they unstrap you from the high chair, knowing instantly that you need a diaper change as all babies do after a big meal. You smile childishly as you find yourself being carried to the changing table and laid down onto your back while your caretaker gathers all of the creams and wipes and powder they will need to change you. Loved. Desire. Excitement. A rotating mobile spins above you, and mesmerizes you as your parent gives you a delicious pacifier to suck on while you are being changed. Your patient caregiver easily unbuttons the flaps to your onesie and lifts your legs into the air as they release the tabs on your diaper, wiping and cleaning you before applying soothing and comforting diaper cream. Yes. And as you find yourself loving the sensation of feeling vulnerable and small and childlike while you are being changed by a responsible adult, you can intuitively know that your loving parent always has your best interests in mind and loves more than anything to change and take care of their little baby each and every day. Loved. Happy. Peaceful. You can continue to lay naked on the table as your loving parent coos at you, whispering words of happiness and encouragement and making you feel loved and adored and cherished. Yes. You can find yourself knowing that changing your diaper is a big task that only a smart and caring and loving adult can handle and you naturally feel happy and excited and grateful that your parent loves you so much that they make your necessary diaper change as comfortable and happy and relaxed as possible. Confident. Adorable. Pleasure. You find yourself feeling love and confidence and excitement as your caregiver covers you with fresh baby powder and wraps you in a new thick and safe and comfortable diaper, making sure to use the thick night time extra absorbent diaper that you prefer to wear after dinner. Yes. You can find yourself remembering that a messy and wet diaper is always comfortable and satisfying and pleasurable and that a fresh new diaper is just as pleasurable and arousing as it gives



you an opportunity to wet and mess yourself uncontrollably until your diaper is full again. Happy. Desire. Comfort. You intuitively know that a squishy, messy diaper will always lead to a loving and pleasurable diaper change and as soon as your parent finishes sticking the new tabs in place, you sit up and naturally hold out your arms for a hug. Your parent smiles before picking you up and wrapping you up tightly in their arms, rocking you gently as you fall even deeper and deeper into a calming and soothing and receptive hypnotic trance.

✧ **Company**

You can find yourself feeling more comfortable and happy and relaxed as you float deeper and deeper on the gentle waves of your soothing and loving trance. Yes. You are feeling excited and eager and cheerful as you slowly start to become aware of your surroundings to find yourself back in your familiar living room, sitting on the floor at the coffee table with a coloring book in front of you, crayons spread out over the table. Cute. Adorable. Peaceful. Your loving and caring parent sits behind you on the big grown up couch as you complete coloring the scene that you started before dinner. Yes. The doorbell rings and your loving parent springs up to greet the guests, inviting them in to meet you with a wave of their hand. Excitement. Confident. Pleasure. You intuitively know that you are your happiest and most natural and comfortable whenever you are presenting yourself as a cute and adorable and emotional little baby that you love to be, and you know that the more that you behave like the baby that you desire to present yourself as around strangers the more you are advertising yourself to be treated as the loveable and adorable and cuddly baby that you have always known yourself to be. Yes. Your caregiver's friend walks into the living room to greet you and brings with them a gift box wrapped with colorful patterned paper and a large bow in your favorite color. Desire. Loved. Cute. And as they hand you the box, you take the opportunity to show off how good of a baby you are by cooing excitedly as you grab the present before tearing away the wrapping paper in small shreds to reveal your brand new gift. Yes. You can find yourself remembering to react as much like an excited and happy and adorable baby as possible in order to show others how much you love being a helpless and innocent little child and to prove to the world around you that you are behaving like the perfect toddler that you know you have always been and desire to be in your future. Adorable. Happy. Pleasure. And once the cute toy has been revealed you can find yourself screaming and giggling with excitement and joy and pleasure, rotating the box in your hands as you try your best to slip your small fingers between the cracks so you can open the packaging. Yes. Your parent's friend smiles at you and asks if they can help you unwrap the difficult and confusing wrapping paper on your gift. Yes. You nod in response and use your



childish and tiny infant hands to push the box toward them. Loved. Cute. Comfort. Using their adult mind and intelligence, they easily remove the tape keeping the box together and lift the cardboard flaps before sliding the box back over to you so that you may experience the joy and pleasure of unboxing your new toy. Yes. You plunge both of your hands eagerly into the box and gripping the sides of the toy before pulling it out of the packaging, struggling somewhat as your new adult friend helps you by holding the other side of the box as you pull. Desire. Happy. Confident. The playset slides out with a pop and you fall back giggling onto your diapered bottom, the foam playmat and thick diaper shielding you from any harm as you playfully bounce back up. Your eyes widen as you explore the completely interesting and childish and exciting playset that your new grown up friend has brought you and naturally finding yourself completely interested in your new toy, giggling as you make the included little figurines dance around and childishly interact with each other. Yes. You find yourself throwing one of the figurines across the table, trying to recreate a finishing dance move, but you find that your child-like lack of fine motor skills launches the toy out of reach and crashes loudly against a piece of furniture, startling your parent and your new adult friend as they chat about boring and uninteresting grown up problems a few steps away. Yes. Your parent scolds you for not being careful with your brand new toy and you can find yourself pouting at them in response, knowing that the more you pout and cry, the more pleasurable and arousing attention you will receive from the grownups around you and the more fun and exciting habits you will create in you life by behaving like a cute and adorable and little baby. Happy. Loved. Adorable. Your strong and loving parent explains to the guests that you must be getting tired after a long and exciting day and you can find yourself feeling comfortable and relaxed and reassured by the fact that you do not need to apologize for your completely natural, childish actions and habits and that your loving parent will take care of all of your worries and cares and problems so that you can focus on being the happiest, most carefree baby that you can possibly be. Yes. Breathe in and out for me now as you find yourself feeling calm and serene and tranquil as you fall deeper and deeper into trance, listening and obeying my every hypnotic command.

❖ **Tantrum (Slut Exclusive)**

You can find yourself feeling happy and relaxed and at peace as you breathe deeply in and out and drift deeper and deeper into a receptive and calm and obedient hypnotic trance. Yes. You can find the confidence within yourself to feel comfortable and relaxed and happy as you slowly become aware of your surroundings to find that you are wearing a thick and secure and warm diaper underneath a fuzzy and fleecy and cozy childish onesie. Happy. Pleasure. Comfort. Your loving and attractive and smart



caregiver picks you up in their arms and walks you over to the couch before sitting you down and asking you if you would like to watch a new movie. Yes. Your new grown up friend sits next to you on the big and comfortable and plush couch and brings you one of your favorite stuffed animals from the toy chest to hold while you watch. Yes. You can find yourself smiling and giggling in joy and pleasure and euphoria at your new friend, holding both of your hands out in front of you to accept the toy that they have brought over to you and pulling it close to your chest, squeezing it tightly as you press your face into the furry and plump and fuzzy stuffed animal. Cute. Adorable. Loved. The feeling of the soft fur against your face instantly makes you close your eyes and smile, feeling happy and comforted and confident with your role as an adorable and lovable and cute toddler. Yes. You are happily confirming that you are behaving like the perfect baby you love to be each and every day when your new grown up friend and your parent begin to coo at you, making sweet noises in response to how adorable and cute and lovable you are. Confident. Comfort. Soothing. Your attractive and smart parent dims the lights around you as the movie begins to play and a familiar cartoon character comes on screen, consuming all of your attention as you watch the rest of the movie completely entranced and unable to move. Yes. You catch yourself gripping your stuffed animal tightly in your arms, squeezing it for comfort during exciting scenes, burying your head into it's fluffy tummy when the movie gets scary and eventually, using it as a pillow to prop your head on as the night gets late. Adorable. Safe. Relax. And as the night gets late, and the movie comes to a joyful and happy ending, you can watch as the screen goes dark and discover that your diaper is completely wet and full and you realize that you peed in your comfortable and thick and crinkly and safe diaper without even noticing or realizing it, and can feel proud and accomplished and satisfied with your progress towards becoming the completely happy and incontinent little baby that you have always craved to be. Yes. Your parent turns up the lights, announcing how late it is and telling you that it is time for your new friend to go home and for you to have a bath. Yes. Excited and happy from an energetic night of playing and bonding, you find yourself not wanting the night to end yet. You can find yourself naturally holding onto the arm of your new friend as you refuse to let them get up off the couch, pointing at the toy chest as a way of asking for them to play for longer. Desire. Cute. Adorable. Your parent gently scolds you, kindly telling you that your new friend has other things they need to do and that it is time for them to go to their own home and play with their own toys. Yes. You can find yourself beginning to feel upset and disappointed and sad that you did not get your way and that the fun has come to an end and you can find yourself easily and naturally beginning to cry, the tears easily welling up and pouring out of you as you begin to whine at the top of your lungs. Yes. And as the childish tears leak down your infant face, you can hear your



grown up friend saying goodbye and watch as your parent walks them out the door, causing you to whine even louder with each step that they move further away from you. Desire. Adorable. Uncomfortable. You are easily and naturally letting these big, powerful emotions take over your childish and receptive mind, and are expressing yourself easily and naturally with tears and whining and screaming as you begin to throw a tantrum. Yes. You are feeling confident and natural and pleased, intuitively knowing that the more that you express your feelings childishly as a tantrum in your life the more that you are advertising yourself as the toddler you love to be and remember that you have always been. Happy. Loved. Pleasure. Your kind and loving parent promises you that your new friend will return and to be excited for a fun bubble bath instead of throwing a tantrum and you can find your feelings of anger and sadness and disappointment melt away as quickly as they came with your smart and reliable caregiver's reassuring words. Safe. Cute. Relax. Feeling happy and comfortable and soothed with every word that you hear, falling deeper and deeper into a calming and relaxing and obedient hypnotic trance.

✧ **Bath Time (Slut Exclusive)**

You can find yourself feeling calm and happy and at peace as you float deeper and deeper into a gentle hypnotic state, becoming more comfortable and soothed and relaxed with each breath that you take as you slowly start to become aware of your surroundings and find yourself listening to the sound of the bath filling up with water. Happy. Excited. Safe. You can look around and find yourself in your familiar bathroom, your loving parent adjusting the temperature of the water and telling you to grab a bottle of bubbles and some toys for bath time. Yes. You can find yourself looking at the shelf of bubble bath bottles, unable to decide before gathering as many bottles as you can hold in your little toddler arms and shuffling back to your parent, the thick and wet and full diaper between your legs forcing you to waddle and feel the natural pleasure of a comfortably full diaper with every step that you take. Cute Adorable. Loved. You drop all of the bottles of bubbles at your parent's feet and they giggle in response to your childish antics and inability to make even the simplest of decisions on your own. Yes. Trusting your smart and dominant and attractive parent to make the choice on which bubbles to use, you crawl away towards the bathtime toys, lifting the lid to the box and becoming excited as you look at all the exciting and colorful toys inside. Desire. Comfort. Confident. You can discover yourself feeling indecisive when asked to choose toys to bring into the bath and you can smile as you decide to push the whole box towards the bathtub. Yes. And by the time you drag the box up against the bathtub, you can look up and see that your loving parent has poured in the correct mix of bubbles, creating a rainbow of colors that makes you excited and eager to experience your bath.



Excitement. Happy. Loved. You lean over the side of the tub to try to touch the colorful bubbles, but your parent gathers you up and pulls you away, unbuttoning your onesie and quickly removing your clothing, leaving you naked except for your full and thick and comfortable diaper. Yes. Your parent comments on how natural and stylish your cute and adorable and comfortable your diaper looks on you, praising your ability to uncontrollably and naturally and unconsciously fill up your diaper like the perfectly adorable little baby that you know you have always been and crave to be in your future. Happy. Excitement. Pleasure. You are feeling pleasure and comfort and happiness as your parent undoes the tabs on your dirty diaper and pulls it off quickly, leaving you cold and naked for a few seconds before you are lifted and placed into the perfectly warm bubble bath. Yes. You can find yourself becoming hypnotized as you stare and giggle at all of the colorful bubbles, splashing around in the warm water and feeling relaxed and comfortable and at peace as your parent adds a few floating ducks and other toys into the water. Cute. Adorable. Desire. You can naturally make small waves with your hands, the ducks crashing into each other as you make up childish stories about their adventures. Yes. Your caregiver squirts baby shampoo into your hair and hands you a set of bathtub crayons as they begin to massage your scalp. Yes. You begin to draw cute little scenes on the side of the smooth bathtub to use as a backdrop for your rubber duck adventures, easily allowing your parent to scrub and bathe you, distracted by all of the completely interesting and exciting bubbles and toys in the bath. Pleasure. Peaceful. Soothing. And before long you realize that your fun bathtime is over and your parent wraps you up in a fluffy and warm and soft towel, taking you over to your familiar diaper changing table. Yes. Your wonderful and loving caregiver adds diaper cream and baby powder before wrapping you up tightly in your extra thick and crinkly and fluffy night time diaper, making you feel loved and adored and childish with every movement that they make. Yes. You can raise your legs and arms as your parent puts you into a brand new onesie, feeling clean and fresh and relaxed as you discover yourself even more tired than you were before. Yes. And as your parent finishes up, you can become distracted by the spinning mobile above you, discovering yourself falling deeper and deeper into a calm and obedient and receptive hypnotic trance, feeling happier and more relaxed and comfortable with every word that I speak.

✧ **Baby Bedtime**

You discover yourself feeling comfortable and happy and at peace as you fall deeper and deeper into a receptive and obedient hypnotic trance. Yes. And as you continue to breathe and drift even deeper and deeper with the sound of my voice, you can find yourself feeling even more comfortable and satisfied and pleased as you slowly become



aware of your surroundings and find that you are in your familiar bedroom wearing your favorite onesie pajamas with a perfectly thick and dry and warm diaper protecting you from any night-time leaks that you will have in your future. Safe. Soothing. Peaceful. You can look around and notice that your parent has prepared your special crib for you, with all of your favorite stuffed animals and blankets and soft toys lined up and begging to be cuddled with. Yes. You discover yourself yawning after a long and exciting night of being the perfect little toddler and you can think of all of the lessons that you have learned. Cute. Adorable. Loved. Your loving and strong and dominant parent picks you up from the changing table and moves you into your comfortable and appropriate and cozy crib before lifting the bars into place and locking you into your safe and secure and pleasurable bed. Yes. You happily and naturally lay on your back, tucking the closest stuffed animal under your arm and staring up at the spinning mobile playing a gentle lullaby as it rotates hypnotically above you. Desire. Excitement. Relax. Your parent begins to warm a bottle for you before pulling a thick and comfortable and warm blanket up to your chin to tuck you in. Yes. You naturally open your mouth to accept the nipple from the warm bottle of milk and grip it with both hands as you begin to suck contentedly, your eyelids getting heavier with every sip that you take. Yes. Your caregiver sits down in a big and plush and comfortable looking chair beside your crib, before leaning over to choose a childish and colorful book from a bookcase to read to you. You find yourself remembering how happy you have felt in the past whenever your attractive and dominant and strong parent walks into the room, and you can discover yourself remembering that the more that you behave and act like a baby, the more that your caregiver will pay attention to you and love you like the helpless little toddler that you are and love to be each and every day. Confident. Pleasure. Loved. You are remembering the happy smiles and sweet noises that your parent and your new grown up friend made whenever you act appropriately childish and how natural it feels to be cute and adorable and innocent in everything that you do. Yes. And as you continue to happily suck on your delicious warm, baby bottle, you can feel your stomach filling up with the milk and find yourself remembering how delicious your dinner was with all of your favorite childish foods cut up into small pieces and other parts pureed into tasty baby food. Happy. Pleasure. Desire. You can discover yourself feeling loved and happy and cherished knowing that your parent put all of the effort into making your dinner in order to care for you properly and help you feel loved and cared for each and every day of your perfect, toddler life. Yes. You can remind yourself of how grateful you are to have such a loving and caring parent, and know that having an adult to take care of you and love you makes you crave the feeling of letting your bowels and bladder go into your safe and secure and cozy diaper even more than before. Happy. Loved. Safe. You crave the



feeling of waking up in the morning with a pleurably wet diaper and know that if you wake up in the middle of the night, it is only natural for a child such as yourself to use your safe and secure and protective diaper naturally and unconsciously like it was meant to be used before drifting off to sleep. Yes. You intuitively know that the more you use your diaper without bothering to use your muscles to uncomfortably hold back your bladder and bowels, the more that you will feel accomplished and satisfied and proud in your life and with your natural and pleasurable progress towards your complete toddler future. Yes. You can remember your powerful and emotional tantrum and how easily tears came to your childish eyes whenever you became upset and how fulfilled and relieved and happy you felt when your tantrum got you the attention and love that you desired. Loved. Cute. Adorable. You know that the more you act childishly in every aspect of your life, the more that you will be heard and listened to and considered by the smart and attractive and capable adults around you. Yes. And as your parent continues to read to you in a soothing, gentle voice, you can find yourself inhaling deeply and smelling the arousing and pleasurable scent of the shampoo and bubbles mixing with the fresh smell of your clean pajamas and dry diaper. Happy. Loved. Safe. You can smile in your own natural happiness and comfort as you drift deeper and deeper into a soothing and calm and relaxing hypnotic trance with the sound of my voice, feeling more comfortable and safe and cozy with every breath that you take.