

The Age-Play Times

A small place where a big one can be a little one again.

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Issue 8

Fairy Tales are they for the real world too?????

By Mary Francen

Fairy tales all start the same way don't they? Once upon a time in a land far, far away... This little sentence that sounds so familiar but it transports you the moment you read it or hear it to that place in the back of your mind that only fairy tales live in.

A smile crosses your lips, a glitter enters your eyes and your facial muscles start to relax even before the next sentence is spoken in your ears or mind as your transported away from the world you live in to one filled with magic and fun.

Can a fairy tale help you through troubled times in the world that we all live in? This is an interesting question if you think about it.

The answer is yes. Now your sitting there wondering what in the world I am talking about, let me explain. Everyone uses fairy tales to escape the world that is full of stress and unpleasantness.

In our lives we find things that make us happy, its only human nature to want to relax and be happy, especially after a long busy day. How do we do this?

Well for some we go to the movies, or turn on the television set, how about reading a book there is also sitting down and writing a fictional story. Or you could get on the computer and play a role-play game. For others we might even lay on the floor and play with our bio kids in what ever they are doing using our imaginations along with their own.

In a way these things are fairy tales, they just do not start with the typical sentence that you are used to reading or hearing from a fairy tale.

They are an escape from the reality that is what you normally know. They help us to realize dreams as well.

Ok so how can they help us to get through troubled times in the world that isn't fairy tale everyone lives happily ever after? Well let's use a couple of examples.

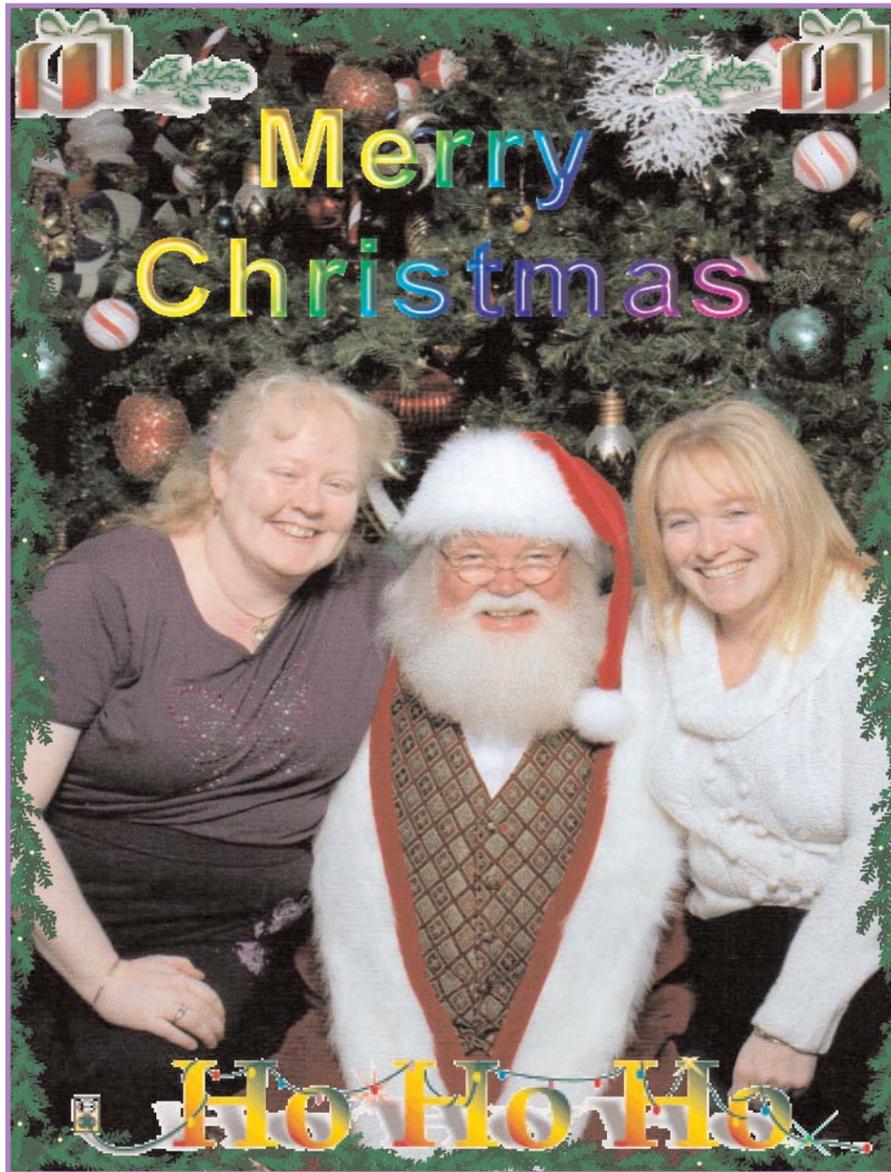
Let's start with someone who didn't even plan on something happening but it did happen, they needed to face a fear that paralyzed them for years because of things that were out of their control for many years.

This fear did get faced because it needed to, but the day that it did let's say that something else happened causing a "fairy tale" to enter into the grand picture.

A lot of people share a phobia of Dr.'s its called white coat syndrome sometimes, people might have it to varying degrees from a slight raise in blood pressure to out right panic attacks from just the sight of a Dr. in a lab coat much less being in a vulnerable position in the care of a Doctor.

This same phobia might even be caused by a bad experience while in the care of a Doctor when this person was younger, they might not even realize it at the time of there visit as an adult. Whatever the reason maybe the fear is still present, in my time in the Age/Role-Play realm I have met many people who hate the doctor so that is why this example was used.

The other example we will use is abuse, a lot of people who are abused, raped or molested have a fear of Doctors. It goes to the do not tell anyone or else as well as



bringing out memories "triggers" that the person doesn't want to have thing, abuse is also something that I have found to be a pretty common theme amongst people in this world sadly so and as such was the other example used.

Now that we have a couple of reasons as to why this phobia of doctors might be present, lets move forward to the day of a visit to a doctor and facing this phobia. We have already determined that this is needed to be done so I am sure by now you are wondering what in the world does this all have to do with Age/Role-play?

Well fairy tales and the following as well as this area do so please bear with me as you read this article.

The above mentioned visit to the doctor goes about as well as you expect it to, and even though you have done well according to the doctor and the person you went with you who helped you to stay as calm as you could. You still experience a flashback your blood pressure still rose the roof and you still felt the terror that you expected and knew would come that feeling of a bus coming at you out of control down the sidewalk.

You had a plan after the visit to go to the mall to get a coffee, why because the person who was with you wanted to go to a specific coffee shop that was located in the mall.

Enter in one unexpected fairy tale handed to you on a silver platter as you in flashback fear driven shell shock walk into the mall doors and hear said person exclaim with excitement in their voice. "Mary!

around you.

You might because of the shock your in, just follow your friends lead as I had done that day going with the flow of things. Unable to make a proper decision at that moment because it was to close after the visit to the doctors, to be able to really care if any "grownups" saw me sitting on Santa's lap or not.

The moment you are led towards the largest decorated tree you have laid eyes on and the man who while your in your little frame of mind brings magic to your home each year is seen standing there beside it, brings you into immediate little headspace. That fairy tale is now complete, your previous events gone completely from your mind as the two of you do what was once a very natural thing to do.

Of course you're thinking well Mary the thing that you just described may have been a wonderful gift that your friend did for you, but it isn't something that is around for everyone. And you would be correct the Santa display isn't around in July. However it doesn't mean that you can't find something else to do when something just as "icky" is going on in your life.

I will also tell you that no one batted a single eyelash at the two of us sitting there getting our photo taken. In fact the chair that Santa had was designed with extra wide arm rests for larger children or adults to sit on, and he put his arms around us and as you can see from the photo it looks as if we are sitting in his lap.

Sometimes it is our own fears that stop us from doing things in life, both things that need to happen as well as fun things. Now I am not saying that you should go off and stop being a responsible grownup because that would be just well crazy talk. However look for the small things in life to find those fairy tales and grab a hold of them life may not be a "happily ever after" like it is in those little books, but it doesn't mean that we can't find the fun and adventure along the way.

Santa is here we should get our pictures taken!!" I will note at this point in the article that said friend with me is not an age-player.

A simple little sentence just the same as the one in most fairy tale books isn't it? Yet that sentence just as the one you are most familiar with when it comes to fairy tales has the power to transport you to another place and time no matter what is going on

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Another years coming to an end a Daddys thoughts

By Dave Singleton

Happy Holidays to all, a belated happy thanksgiving day, this year is just flying by, it is almost 2009. My little one has been trying to do this issue on the new computer I got her for her birthday but no success yet, so between her and Stephen, they redid the old computer so they could get this issue out on time.

We are still working on our plans for Walt Disney World trip for next May. I can not wait and Mary really can not wait. Stephen will be joining us for the fun trip. Just hope weather will be on our side.

Also we are going to try to go out to the state of Washington later in the fall time to visit and to start seeing areas that we might move to in the coming years. We will also see if the story of that "it rains most of the year" if it is true or not.

We will be putting up our tree early this year because of a dinner party on the 13th. So I will be busy the next cou-

ple of weeks with decorations and getting the food ready. So everybody have a happy and safe holiday season and talk to you next year.

This picture is our tree last year this year we will have two trees up the one that I got my little one for in her bedroom because she loves the color pink and she puts all of her favorite little girl ornaments on it and can see it as soon as she wake sup.

And the big tree downstairs that "Santa" brings all the "pressies" as my little one calls them to.

I am sure that all of you little ones who are reading this issue are hard at work getting your letters off to the big man, while your doing that don't forget the night that your getting your cookies and milk ready for him to leave something good to eat for his reindeer, they get hungry to. It takes alot of energy to pull all of those toys and things around the world in just one night.



A Tale of love and Candyland

By Michael Parker

The little nuances of Age-play, the things that make our lil' one feel little and loved are very important. From the doll or other toy given for no reason but to put a smile on the little ones face, to the games we play with them, showing interest in things they draw for us that we display on the refrigerator.

I am thinking now of the "Candyland" incident when I first met Mary online. In those days, Mary had a clear idea that there was a "lil one" inside her, and she and Dave were Age-playing, though I'm not quite sure Mary knew that there WAS such a thing as Age-play.

We began discussing this on the group we met on (the owner of which began to edit out some of our posts to each other at this point) the subject of Age-play, which I pointed out, had so much more involved in it then simply spanking; there were the trips to the children's zoo and the amuse-

ment park, there were children's toys and activities, and games.

I mentioned Candyland and recommended they buy that game. Before long they did. When Mary and I met in person a year or so down the line from that, Age-play in it's true form was in the picture from the beginning, we promptly went to an amusement area near where they live and went straight into the amusements and games there, winning Mary the famous Alf doll.

Before I even gave Mary her first spanking from me, we had been nurturing the little girl in her and allowing her inner little girl to flow free among us. Yet I balked at Candyland, very subtle, I always found a way to circumvent a proposed game of Candyland. Either my head hurt, or I just couldn't focus on a board game at the time. Whatever lame excuse I came up with, the simple fact of the matter was, I did not like that game as a child and had little to no interest in playing it as an adult.

I had recommended the game in the interest of promoting real childlike pursuits to nurture her little side, having no idea at the time that I would someday be called upon to play it myself. At the beginning of this year, New Years to be precise, I had been a guest of Mary's for her New Years party, and at some point after dinner, Mary and most of the guests got involved in a poker game. Not playing myself, I was left as the companion of a bio child of some friends of Mary's and the girls friend.

We played various games, ending up in a game of Candyland. Other then moments where I had to be the grown up ("girls I am not kidding, throw the game pieces ONE MORE TIME and I will put this game away") I found I got lost in the game and enjoyed it whole heartedly. This caused me no little bit of embarrassment when I looked back and realized I'd play this game with those kids and always sidestepped playing it with my own niece. This caused

no small amount of self assessment on the subject.

I realized that I needed to practice what I preach; I had recommended the game when my actually PLAYING it with her was far removed from my reality, then balked at my own suggestion subsequently. Recommended it as an activity to bond Daddy to Mary's inner child, but considered Candyland too simplistic and childish for ME to play (who am I kidding, I still love to play "war").

I guess it would serve me right if next time I saw Mary, I wanted to play Candyland and SHE was not in the mood. If she were, it would be a conduit for treasured memories and something I would look forward to with all my heart. How our perspectives on things can change. I suppose that in Age-play, the lil' ones are not the only ones subject to "growing pains".

The Punishment Corner: Essays Torture or not to Torture is the question

By Mary Francen

"Ten pages single spaced ten point font young lady due by Thursday. Any arguing and I will make it longer and you might end up with a sore bottom."

Do those words sound like something you have heard before? Well maybe you did back in your school days, or if you attend a school of some sort or Age-play as a school girl, or if your parent fancies the dreaded essay you even get them at home for naughtiness.

What makes a grownup think to do this punishment out of all the other punishments in the world? If you ask this lil girl I think it's just to torture lil girls. Can you tell how much I don't like essays? To me they fall right up there with time outs, why because well if you think about it they are a time out.

The principal of a time out is sitting in one place for a set time right? Well what else do you do when you're doing an essay? You sit in one place doing first the research on your given topic that is usually something that goes along with what ever naughty thing you did, and then you have

to type it up and make it fit into the required page count. ICK!

A grownup will tell you that they make you think about what you did. Okay I will give them that, then again how could you NOT think about what you did? If you are given ten pages to fill that is a lot more space then you realize at the time of being punished. So even if at first you think to yourself, "Oh that's not going to be a problem for me!" I can guarantee that at some point during your work you will regret thinking that thought.

And if your grownup is one like my own who like to do multiple punishments depending on the naughty, then usually by the time you are doing said essay your already sitting in the squirmy position which makes the "You need to think about what you did young lady" thing even worse! Have you ever tried to type up ten pages on a serious note not a joking or light hearted one while squirming around in your chair after a spanking? Well if you have then you know what I am talking about. It isn't fun.

To give you an example of time and space

relativity that it takes to fill things up to help illustrate my point the "Story Time" section of the APT takes four pages in MS Word typed at ten point Times New Roman font single spaced to fill one page of the paper with a photo in it.

It also depending on what material your writing about takes a lot longer to write something that you have to read other information on before you can type up the "story or article or in this case essay" then if you are free typing like I am doing as I type The Punishment Corner for this issue.

Free typing is when everything just comes directly off your own mind with no previously written down information to search.

There is also the added touch that a grownup can add to this little bit of torture that thankfully my own do not do, which is to fully grade them for all grammar and spelling mistakes. YUCKY! And if a certain grade is not reached making you redo the entire thing over. Now that is PURE torture if you ask this lil girl and I am very, very glad that my grownups do NOT do that.

It also gets very hard to not repeat yourself

when you are writing about a subject, even in a column format it can become very hard to do this. When your faced with ten pages to do it becomes an almost impossible task.

I have not been given personally a ten page essay, I have been given essays of shorter length and even though I have been in the journalism field for many years I still found them very difficult to do.

Essays as a punishment are exactly that, punishment; they make you think about what it is that you did for the entire time that you're doing the essay. There is no way around that as you have to concentrate on your words.

Do I think they are effective, well that would depend on the person who is doing them. If you honestly can not sit still for a long time, then no they won't be effective at all. However they are a good "parenting tool" for those who do tend to learn from reading things as I do, then yes it is effective and if you tend to learn your lesson from time outs of any kind then essays will be something that work with you as well.

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Effective diaper discipline and your child/teen

By Stephen Richard

When your adult child/teenager is not acting anywhere close to their right age and acting younger, then perhaps its time to treat them younger.

One of the best ways to do this is called diaper discipline. With this type of punishment the child/teenager is treated exactly how a baby would be. They are placed into diapers and treated like a real baby would be. This means they have to wear and use diapers.

Using diaper discipline is one way to remind them that they should be acting their age and not acting younger. How deeply involved this type of punishment gets is dependant upon how far you wish to take things. If you want them to just wear a diaper around the house. Or if you want them to wear and use a diaper just like a real baby.

You can also add other things into this as well. Such as having to wear clothes that a baby would wear, or having to drink and eat like a baby would include baby food and baby bottles. Also cannot forget the pacifier in their mouths.

Effective diaper discipline relies on the fact that for the adult child/teenager this type of punishment would be very humiliating for them. Sometimes however a little bit of humiliation is a good thing for them. It will remind them to act their age instead of the way they have been acting.

With this type of punishment there are other added things that can be used as well. Having to be changed in front of other people. Having to walk and talk like a baby is another added area, which will add some proper amounts of punishment.



Another very useful way that this type of punishment can be used is putting them into a diaper at bedtime and not allowing them to get up at all to go to the bathroom.

This means they either have to hold it all night long or they have to go in the diaper. The key point of this use is that they are not allowed to change themselves they can only be changed by yourself or someone else.

What else can be used in conjunction with diaper punishments?

Enema's can be used to effectively remind the child/teenager of their age. When using the enema you can do it a coupe of ways.

You could put the enema in. Make them hold it then put the diaper on. You could

also put the diaper on and then by pulling the leg open or back down put the enema in that way. Afterward the adult child/teen has to let the enema out into the diaper.

Other effective things that can be used with diaper punishments are the use of suppositories put into the bottom. This would cause them to have a large bowel movement into their diaper. Another possible thing that can use like this is bulk fiber drinks which are used for such things normally. But when added with diaper punishments these things can take on a whole new meaning and can be another effective use of diapers as a punishment.

There are many other things that you can combine in with diaper punishments.

Using spankings even over the diaper or the bare legs around the leg band of the diaper can also be effective.

In the end with diaper punishments you have to be willing to actually follow through with the threat. You cannot just simply use the threat and not be willing to follow through with it. And even if you may have to change a couple of dirty diapers the added benefits of the punishment would give to your adult child/teenager can make it a very effective punishment. Diaper Discipline, can be used for various amounts of time, from a couple of hours a day to overnight to on a full weekend, to even months at a time. It may be just what they need to remind them to act their age.

Taking care of your child when your not a live in care giver

By Mary Francen

It's a fact of every day life that a little bit of rain must fall or so they say, well to most of us that rain comes in the form of getting sick. For littles getting sick is just about the same as it is for bio kids. You want to be taken care of and you want your caregiver to make it go away. The all powerful magic kiss that works on owies, boo-boo's etc.

There comes an issue in the actual care giving during these times however when your Age-play caregiver does not live within your physical home. So how can you as a family work around this?

Well most AP families already have set into place there own little routines with communicating to each other, weather they be email, instant messenger services, phone and in person visits, or some combination of the list I just mentioned.

Even though you may not be able to be physically right there in the same room with your little one when they aren't feeling well doesn't mean that you can't help to make them feel better when they have a cold/fever etc.

Of course it is still up to and ultimately that person to take proper care of themselves by taking any medication that they need and to eat however the adult in their life can be there to comfort them, even doing the same things that a bio parent would do for a child just over the computer or phone.

A parent or guardian can do things like assist you with taking your temperature and can talk soothingly to you while you're doing something unpleasant if they are on the phone. They can help you make some soup by putting the phone on speaker and taking the lead in the prep of the meal.

When you're cold and getting into a little cocoon of blankets they can be the one to

talk you through doing that as well tucking you into your little spot.

Just hearing a comforting voice can be almost as good as having a physical touch at times, and while you may not always be able to even have that person's voice when your not feeling well, the times that you do you can remember when you don't and that to can be a comfort.

If your form of communication is in the form of the written word via the computer, you can still do things such as I mentioned. Especially if you own a laptop computer

those can be taken just about anywhere even right into your kitchen or your sick bed.

Because your communication is in the form of the written word you're not limited to the physical world either and you are able to be much more imaginative with how you can care for your little one. While this may sound like a typical role play scene and for some people it may be just that. Because one person is in fact sick it also isn't role play.

Just keep in mind that just because you are

ill doesn't mean that you can shirk off your adult rational in favor of being that child that you want to be. It is still up to you to make sure that you are doing your own part in the real world to take care of you. It is also a good idea to make sure that the caregiver that you are with is willing to be part in taking care of you when you're ill. There are some who are not and there is nothing wrong with that, remember that everyone has a squeaky button.

"Removed the hanging Chad. We lost the APT Polls. Recounts Requested"

Sadly, everyone due to system problems we have lost all the APT poll data, this includes previously entered polled which had closed as well as all current open polls

I have recreated the poll database entries but all data on who had previously taken the polls was lost. So in the interest of trying to get our readers input on these, I have created all of the polls brand new so we are asking you to visit the polls and re-take them. Hopefully we can get some exciting input from our readers.

Visit <http://www.ap.ageplaygroup.com/poll.html> to take the polls

Hes making a list and checking it twice or just giving swats

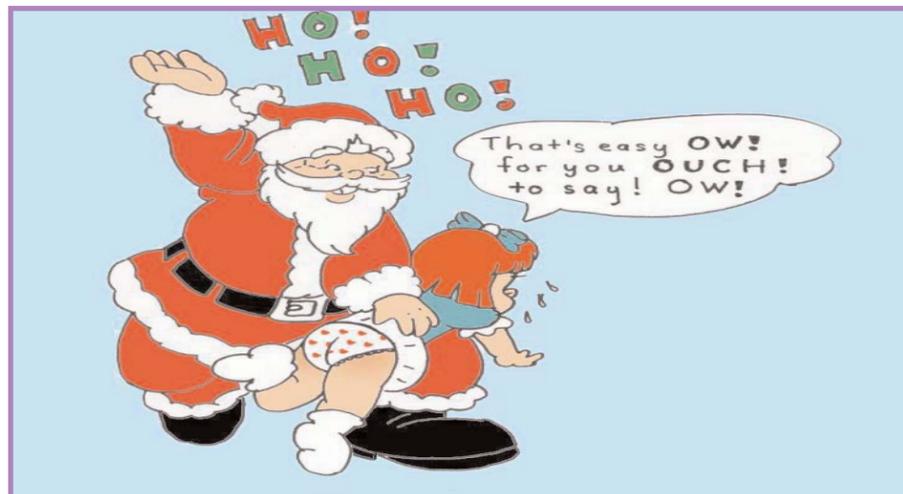
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Santa was telling her in almost the voice a daddy would use to her. She had tried her best to be a good girl but now she wanted Santa.

Not even thinking about what he said to her she started to yell I want this toy I want that toy. On and on she listed off everything she wanted.

Finally Santa had it with how this little girl was acting. While one hand held her arm the other hand went down and his white-gloved hand started to unbutton her pants and pull them down right along with her panties. Sitting back on the chair he hoisted the little crying and screaming girl up over his lap. And his hand came down hard onto her now bare bottom. The smack could have been heard around the mall because at this point every child's mouth was wide open at the sight of Santa spanking this little girl. Parents and teachers that Santa had a list of who was naughty and who was nice had told them. And now they knew that they didn't want to be on that naughty list after seeing the fact that Santa had just smacked the girl's bottom. Santa was not even close to being done

with this little girl as he started to spank her bare bottom hard and fast just like a daddy would know how to do. Smack after smack was heard around the mall as parents smiled and children tried to act very good. The little girl who had gotten into a fight with her brother a few minutes before was white as a ghost as she watched Santa spank the little girl's bottom just as bright red as his own suite was. If she wasn't afraid of Santa then she sure was going to make sure to be good girl for him now.



Finally the spanking was over and Santa stood the little girl up and fixed her clothes. Then sitting her up in his arms he rocked her slowly as she calmed down from the crying. Finally after a short while the little girl was now calmed down. And a picture was taken of Santa and a little girl with red tear stained eyes and a wiggle as she sat on Santa's lap. As was tradition a Candy cane was given to the little girl who started to slowly walk off to the teacher. It was in that short second that the little girl

turned around ran back to Santa and jumped up into his arms. The little girl gave Santa a hug and kiss and said she was sorry, to him as he told her she if she was good he would get her purple teddy bear he gave her a hug with a twinkle in his eyes, it was then she thrust the little candy cane into his pocket. And there it stayed until his shift at the mall was done. This wrinkled plastic wrapper with a red white and green candy cane in it. He would not take out of his pocket all day. Later that day as Debbie's Daddy picks her up and is told about the events that happen. Her daddy tells her that she should have been a good girl and that if she isn't then she gets punished. He tells her that he is going to take her back to see Santa later so she can get a better picture with him. Then thinking the teacher and giving Debbie a hug after she shows him the card she made for him. And the picture of a well spanked little girl in Santa's lap. As he walks out with her to the car, Debbie never noticed the wrapper of a green red and white candy cane in his shirt pocket. Nor the twinkle in his eyes as she said she would be extra, extra good for Santa this time.

Defining moments and dealing with them

By Mary Francen

A defining moment could be said to be something that is quit the embarrassment or it can be the opposite and be a moment in your life that is one of the most wonderful things that you will remember for the rest of your life.

These moments in time are things that help to make up little pieces of who you become in your life. Now the question remains how does this mix into the Age/Role-play world? Well that is an easy one. If it has anything to do with the rest of your life, why would it not have some small impact upon this small area of your life as well?

What I mean by this is that, if you have a defining moment in your life, of course it will impact this area of your life as well. Why you ask, easy because a defining moment affects all areas of your life, even if at first you aren't fully aware of that. Let's say that you are in a relationship with someone it doesn't matter whether or not they are a Mommy, Daddy etc. but you suddenly realize that the person has come to believe that they feel that something that you do makes it appear that you do not care about anyone but your own selfish wants. That is a defining moment.

Does it really matter how this action originated in your relationship? Did it originate in your relationship? Is it something that is the entire you that makes up your entire relationship with this person? Does this person do the same things that they have mentioned to you? Does it really matter at all these questions that I just asked?

The answer to the last one is no. Now I know I just confused everyone with that last part, but let me explain. You see defining moments are individual to each person. And because they are such, it doesn't matter what the other person in question feels, or thinks the problem is with you as it was your defining moment not there's.

Does this mean that you don't have to work to fix the issue with the person? Of course not, if you value your relationship with them you need to do what it takes to fix the problem that was brought to you by them.

So what do you do with your own defining moment? Well you learn from it, you take the information that you gained from it and you sit down and you think about it. Ok so this person says that this action makes me come off as an uncaring, unlov-

ing selfish little brat... so what do I need to do to make sure that doesn't happen again?

Then you make adjustments to your own self. You do not involve the other person in this; this is your own growing process. Now let's use the flip side of this defining moment let's say that your friend "not in the AP world friend" has told you that you are to needy or that your to bossy. Do you think that perhaps just maybe this information about yourself is going to spill over into the ap world?

The answer to that question is yes. How can I someone who doesn't even know you say this your wondering?

Well that answer is an easy one as well. If you think about it, your friends are the people in your life who will most likely tell you anything. Why because they love you, and yet they don't have to worry about the things that say your family does. They don't have to worry about you having a tantrum with them.

I am not talking about the AP world here I am speaking about your blood family who know how you would react to being told something like that, and might just choose to ignore it because your going to go home to your own house anyway. Your friends know that your going to behave yourself because you're an adult so there's no fear of you going off.

Especially a "best friend" will be honest with you and tell you things that no one else will tell you. So now that you have this information what do you do with it? That's completely up to you of course. You could choose to ignore it; you could sit down and chew on it for a bit. You could act on it right away. There are a few things that you could do.

Here is what I would advise. I would listen to what people have to say, and then I would go and ask a few people a few questions to make sure that the person who brought this information to you isn't just being "growley" and venting their own frustrations.

If you get confirmation from even one other person that whatever the first person brought to you is true, then I would sit down with a pad and pen, or a computer and I would write just thoughts on how hearing that information made you feel. This is important because just because you had this defining moment doesn't mean that the way it was presented to you didn't hurt you. And even though you may have

hurt the person by acting the way you did originally doesn't mean that two wrongs make a right.

So by writing your own thoughts and feelings down you are doing something constructive with your feelings and it is not selfish to do this it is healing and it is not taking out your mood on someone else. These are important things to remember as well.

When you have finished writing everything that you felt about the how you felt in being told that information by the first person no matter how long it takes, and then I suggest you read your own words, and finally burn the letter, shred the letter, flush the letter, or even bury it in the backyard. It doesn't matter what you do with it. The point of writing the letter was to get your feelings out in a non harmful to anyone manner, not for anyone else to read the letter.

By the time you have finished with writing, reading and destroying the letter you should be much more calm and in a better frame of mind in understanding how that defining moment has affected you. If you are still not to sure, then you need to think some more on it, sometimes sleeping on something over night or even for a couple of days is a good thing you can repeat the same process the next day and see if your feelings have changed or if you now have a better understanding of it at that time. Only at that time when you yourself fully understand how the defining moment has affected you, should you bring your thoughts to the first person in a very calm non threatening manner.

Let's go back to the person in your ap relationship for a moment.

You have gotten a good grasp on your own feelings on the delivery of their message to you, as well as the defining moment for yourself by now and you feel its time to have a talk with them about what had happened.

Your approach to them should be done in a strictly adult manor, asking them to please respect your wishes and YOU need to do the same for them as well. What I mean by this is that if the two of you have an agreement in place of let's say. That you will not yell or name call during a talk, then you both need to abide by that during the talk. If you feel grievously offended for some reason then you need to tell them that without attacking them personally because

all that is going to do are start screaming matches between the two of you and not accomplish anything that you want to accomplish.

Yes these things sound very odd I am sure but they are not just things that you can take and use for the AP world, now let's go back to that friend from outside the AP world. The same things that I suggested should be done as well.

When it comes to friends, there isn't that family bond that is present between blood and even the AP world. So when you are talking to them you should keep that in mind. Even a life long friend who loves you dearly will not necessarily put up with you screaming or ranting like a banshee at them.

There are rules all around us in life, and in every relationship that we have from the time that we are toddlers. As we grow up they become unspoken rules, things that just aren't done. However that doesn't mean that you can't just ask and communicate to your friend flat out being honest and saying something like. "Look we need to make an agreement not to do... because it hurt you when I did... and it hurt me when you did..."

Note the way I worded that. I focused on the fact that you had offended said friend first because you did. If you had started that comment off by saying "Look we need to make an agreement not to do... because you hurt me when you did..." They wouldn't have heard another word that you said, because it would immediately put them on defensive. Don't forget the reason that you got hurt by them is because you upset them in the first place by your actions.

This same principal applies to the relationship in your AP world. Just because this person is either a child or guardian to you doesn't mean that you can not speak adult to adult to them. They are also your friend as well. And as such the same friend rules would apply to that relationship as well.

Every relationship in life needs open, honest loving communication at all times. Always remember this fact. The truth hurts sometimes, but it is far better then a fib, they always hurt and for a lot longer. And a fib is not just telling someone they look good when they don't a fib is lying by omission, which is also hiding your feelings until they make you blow up in frustration or anger.

Music really does sooth the savage beast both in and out

By Mary Francen

In this golden age of sleepiness due to stress, and other issues many people have had to get pretty creative with how they deal with it. This also comes into play with medical issues as some Rx's can cause you to become antsy or hyper.

Other things in your life might even have caused you to end up with a problem sleeping such as PTSD or something along those lines. Whatever the cause of your sleeping problem weather it be medical or not, perhaps this little idea will help you to find a small amount of comfort.

Please keep in mind that this was something that came as an idea that was used with me personally and it is in no way meant to be used in place of any medical advice that your own doctor has given you. So please no stopping medication because you read this article.

Music has long since been used to sooth, in many cultures and from infants to the very old, music has always been something that seems to please the ear, heart and mind. Depending on the type of music it can energize you, or cause relaxation. It can also be used as a focus tool and that is the purpose that I am speaking of with this piece.

Let's say for instance that you suffer from hyperactivity or antsyness, and for whatever reason something has caused you a fear of going to sleep. This could be something as simple as when a biological child fears that if they go to sleep they will miss something happening because there is company over the house, or it could be something as big as a traumatic event as someone breaking into your home while your home alone such as was the case with

me.

In my case even though I got out of the house with no harm done to me physically, the fear that came to me because the event had started while I was asleep grew to such proportions that I was unable to sleep at all if no one else was home at the time and awake when I went to bed. I needed to know that I was safe. I needed to hear voices that I was familiar with and felt safe with as I drifted off to sleep and this was during the day or at night.

This problem did not help with the fact that I am hyperactive normally because my body wasn't getting its proper rest on average I was getting two hours of sleep per day.

In life we all come up with ways to deal with things, and in my own life, music had become a way for me to focus on something to shush up the constant thoughts that ran through my mind. I had met my Uncle Stephen a few months after the man had broken into my home, and he is a person who listens to things you say, he doesn't do a lot of talking himself. He had figured out pretty quickly about my use of music as well as my issues with sleeping and why they were there.

He came up with a way to help me to find a work around to work with the fear of sleeping using existing workarounds music.

Now that I have given you some background to this let me explain how this works. Because some music has a higher beat and lyrics that bring about emotions of happiness or excitement they wake you up or make you smile or laugh and giggle. Some music brings about feelings of sadness or trigger memories that might make

you feel afraid of something that is sung about in the song that you remembered from your own past.

Then there are songs that just make you smile and your body starts to relax these could be any noise really, they could be sounds from distant storms, the ocean, they could be classical music, or as in my case children's music and verbal stories.

Turning on these types of music or noises just barely over the other noises that would normally draw your attention as your laying down to take a nap or go to sleep for the night forces your brain to focus on that instead of the things that it normally does.

While your brain is doing what it normally does focus on the noise that it doesn't like hearing at first, the type of music that your listening to starts to work its magic, this happens because its focusing on the words and the notes which trigger the chemicals in your brain which start to relax your body even though your brain doesn't want to it does relax and before you know it your waking up several hours later or even the next morning.

In the beginning I would have the music shut off by someone and this sudden quiet actually would wake me up we found out, it also got to the point where I was able to go from sleeping in a locked room (my own perceived safety zone) to sleeping in the wide open space of the couch.

This didn't happen overnight and in the beginning I still needed to hear a voice as I first laid down on the bed and then the couch, but the voice was on the phone which had been a big step from it needing to be in the house. Then that voice didn't even have to be present at all, but the music did, then that music didn't need to be

there for the entire time I was asleep and I no longer woke up from the silence and occasional noise that would happen.

Music replaced what I call my "big anti hyper pill" because I hate to take medication I never wanted to take that pill that would help to calm me down, and now as I face hormonal changes during the "monthly visits" and I am forced to take that pill in order to relax enough to sleep during my afternoon nap. I was reminded of the first way I learned to be able to trust that I could fall asleep and nothing was going to happen. Music really does sooth the savage beast, which at times is our own mind that just doesn't want to shush it.

If your interested in the music that I have used and wish to try this little experiment yourself you can feel free to use what I call "Uncle Radio" it requires that you have win amp and you can find it by going to this website, if you have a specific request for a set of songs you can email that request to the Age-Play Times attention Stephen Richard as he is the one who owns and operates the radio station.

Please note that during the December month this "Uncle Radio" as it is called is holiday music and not its normal children's music.

To access uncle radio you can go to Winamp and do play url and put in <http://warlords.dns2go.com:1241> you can also visit the Uncle Radio Website by going to in your internets browser <http://www.warlords.dns2go.com/uncle-radio> you can send requests to ageplay-times@comcast.net

Fears and the very first in person meetings of your family

By Mary Francen

It was nearing the day that she had been waiting for now for what seemed like forever but actually had only been about a year and half just over that.

Her tummy had now grown whole batches of flutterflys and she was having such a hard time sitting still for even an hour and it was still only eleven days away. She had no idea how she was going to make it through the very long seven hour flight.

Now at least she could play her games, sing to music and smoke that day she couldn't do any of the above and it worried her something horrible.

She did have movies to watch a whole bunch! He had sent them to her just a few days ago they arrived in four boxes each inside the other like those Russian toy dolls.

All of her biggest fears were sitting just beneath the surface and the little wall of protection that she from them seemed to be well gone now. She didn't understand why her heart and her tummy didn't listen at times to her head when it came to them.

She knew he wouldn't call her stupid he hated that word and yet she was so afraid to speak of the fears. So afraid to let those kitty's out of there bags because once let out they couldn't ever be put away like spilt glitter on the carpet you never can get every last piece of it up no matter how much your mom tells you to and you try your hardest to do it.

She loved him; he was her Uncle and always would be. But every other family member in her life had always hurt her, had always left, wouldn't he to?

Even though he is different then them, and he proved it a zilin times over to her, her heart and her tummy are so scared right now, so jumpy and full of antsy she can't control it. She wants to make it stop but doesn't know how to.

She hasn't felt this way since she was such a small kid its driving her nuts, she knows she's always been hyperactive she takes yucky stuff for it now and even that isn't working anymore.

She feels just like she did when she first met him what feels like so long ago now but in reality wasn't that long ago. But to her it seems he has always been part of her life now. She can't imagine a day in her life without him in it.

He's her Uncle; Unconditionally, Nice, Caring, Loving, Exceptional Grownup person.

Between him and her Daddy they are the center of her world, they are her rocks her everything if it weren't for them she would not be where she is today and she fears his reactions to being with her for real.

What if... I'm to hyper, to sleepy, to sad, to happy, to fussy, to childish, to grownup, to stupid, to well ME...

What if I screw up this trip in some way through my bad planning, what if he doesn't have enough fun? What if I don't read what he wants well enough? What if I want something like a hug and he doesn't want anything to do with that or me? What if I am hungry and he's not?

Will he really do all the things he told me he would do all these months on this trip? Will he really cuddle me? Will he really treat me like a three year old little girl? Will he really give me a baba? Will I drive him totally nuts and piss him off?

Will I end up throwing up most of the trip in the car because of the flutterflys? How about the plane will I end up crying through the entire thing? Will I make a total ass of myself at the airport?

Will I be able to keep it together for the time in his city and not be an embarrassment to him? Does he really want to see me? Does he want me to hug him when he sees me? Does he want to take care of me?

Will my driving scare the shit out of him? What do I do if I do scare him? What if he gets mad at me? How do I know these things?

Does this sound even vaguely familiar to you? If any of you have ever met someone from your Age-Play family then it should. At least in some ways I bet it does. The things written above were actually true events and it was written just before the first time I met my own Uncle Stephen for the first time.

I decided when I found this on my computer that it would make a great piece to do a story on for the APT.

Fears about meeting the person that you have come to love over the internet are very real as evident by the emotions that you just read. The little blog entry that I had done that day was actually an assignment from my uncle at the time. The fact that even though you know in your heart of hearts that you love this person, doesn't seem to negate the fact that your body will have these irrational fears coursing through its veins. wreaking all kinds of havoc on your body.

It is important during the final weeks before one of these first meetings that you maintain excellent communication with the person that your meeting. Talk about the feelings that you're having even if you feel you can't verbalize the things that you are feelings, put them down on the good old fashioned paper. A blog or journal that you send to them will help them to know where your headspace is at even up to the morning of that very day.

It won't hurt to also write your feelings out from both your big and your little self both will have feelings on the subject. A funny story I can share about that trip is an excellent point to this.

It was a very long drive from the airport that I was picked up to where we were

driving to pick up my Daddy and some other friends at and then spending the week at. My uncle had done long drives before and he also knew how much I liked knives and shiny things so he brought some of his collection to show me during the trip.

I did not know at the time however that he had done this and as I looked down between the seats I saw a pretty wooden box that during the trip had come open and I could see a knife inside of it. Of course my heart did a flip flop at seeing this and my mind went into overdrive wondering what in the world this was doing there.

I had already been up for twenty hours by the time I saw this which didn't help my little thoughts that ran through my mind as I looked out the passenger window and saw nothing but wilderness alongside the road. I became VERY antsy instead of just asking about the knife. My little side was already wanting out of the car long before this had happened and my big side was thinking why in the world would someone have a knife in there car????

So by the time we got to the rest stop and my uncle was able to pry out of me in that oh so uncle way that he seems to have, I call it the Uncle look, you all know it very well. All grownups have it, he actually almost laughed as I backed up nervously when I saw him open up the trunk and pull out his collection of knives right there in the rest stop as he explained to his VERY inexperienced traveler niece that he kept that one upfront in case of an emergency.

Then he preceded to scold me for not talking to him about what was bothering me as soon as it was bothering me and waiting a couple of hours to do so. The lesson learned that day in the car was simple communication is extremely important with first meetings especially.

Family fun and the poetry word scrabble game

By Mary Francen

The holidays bring many wonderful things to mind but the most important of them is the family, and during these special few weeks often times we all look for fun things to do with our family and friends.

This little poem game came to mind as I was thinking about the upcoming holiday season and it was something that we used to do as kids in school. Someone takes a word and everyone playing sees what you are able to make from that word. So here is what I made from the word

F.A.M.I.L.Y.

Fortunate, Amazing, Magically meaningful, Ingeniously inspirational, Loving, Yahweh
The object of the little game is to jot down the first word that comes to mind as you see the letter, and of course it works best if you have several friends playing and each of you

does it separately and then presents your new version of the word.

It also helps if you have a dictionary near by because you can add a twist to the game, by challenging a word, such as the word "Yaway" that I used for the Y in family. The word means "God is lord" and in Hebrew it is spelled with a letter J.

But the real fun of the game comes from the challenge of letting your creative side show through, you could use the names of your loved ones. You could also do the game where you have to use words that describe that person in your feelings about them. This adds a very personal touch to the game.

This is also one of those games that doesn't need to be done in person but can be done online very easily in fact it is probably one of the easiest online games that you can play because it is all written word.

Holiday fun time ideas to do with your family

By Stephen Richard

Holiday fun is not only limited to real children there are a great many things that can be which your adult child/teenager may find to be very fun and very much something that can done together. It does not matter if your child's real age is 5 or 80 nothing can be more exciting than a letter from Santa received in the mail.

There are many website out that for a small fee not more than \$20 in my quick research you can send your child/teenager a letter from Santa. Some not only have a letter personalized (via questions they ask you) to your child but, some also include a nice list certificate and some even send reindeer food. Which of course is actually just oatmeal just in case your child decides to try and eat reindeer food. You can find these easy enough just search for Santa Letter.

Another great thing to do with your little one is to track Santa online as he makes his rounds on Christmas Eve. NORAD has a Santa Tracker online which is available from <http://www.noradsanta.com> through this website you can track where Santa is anywhere in the world. You can see the places he has been you can see where he is going. You can see pictures of where he is at you can even see little movies as he flies past various things such as the Statue of Liberty or the Eiffel Tower or even the Sphinx

What other fun things is there to do over the holidays? You can make cookies or other treats with your little one. I bet you can even do that with a little one who is not even in your house. You just call them on the phone and either you are either on a headset or on speakerphone and you both are cooking from the same recipe together. Wouldn't that be fun for both of you to cook together something fun even if you are not right together? You could even make Santa some cookies and Milk to eat later.

Even more fun things you could do together is color pictures together or make other crafts such as ornaments to go onto your tree every year. Start a family tradition of things on your tree that you two have made together. Wouldn't that be fun as well?

You could take a trip with your little one to go see all of the pretty lights on houses, some areas even have light display parks that you could go to with your little one in which you can either in a car or by walking see all types of fun things done up in Christmas lights.

Many areas have holiday musicals such as the Nut Cracker or other holiday things to go to. And whoever said you couldn't go have your picture taken with Santa. Wouldn't that be fun to go have a picture taken sitting in Santa's lap? Just think of all of the memories you would have in that one-picture years from now.

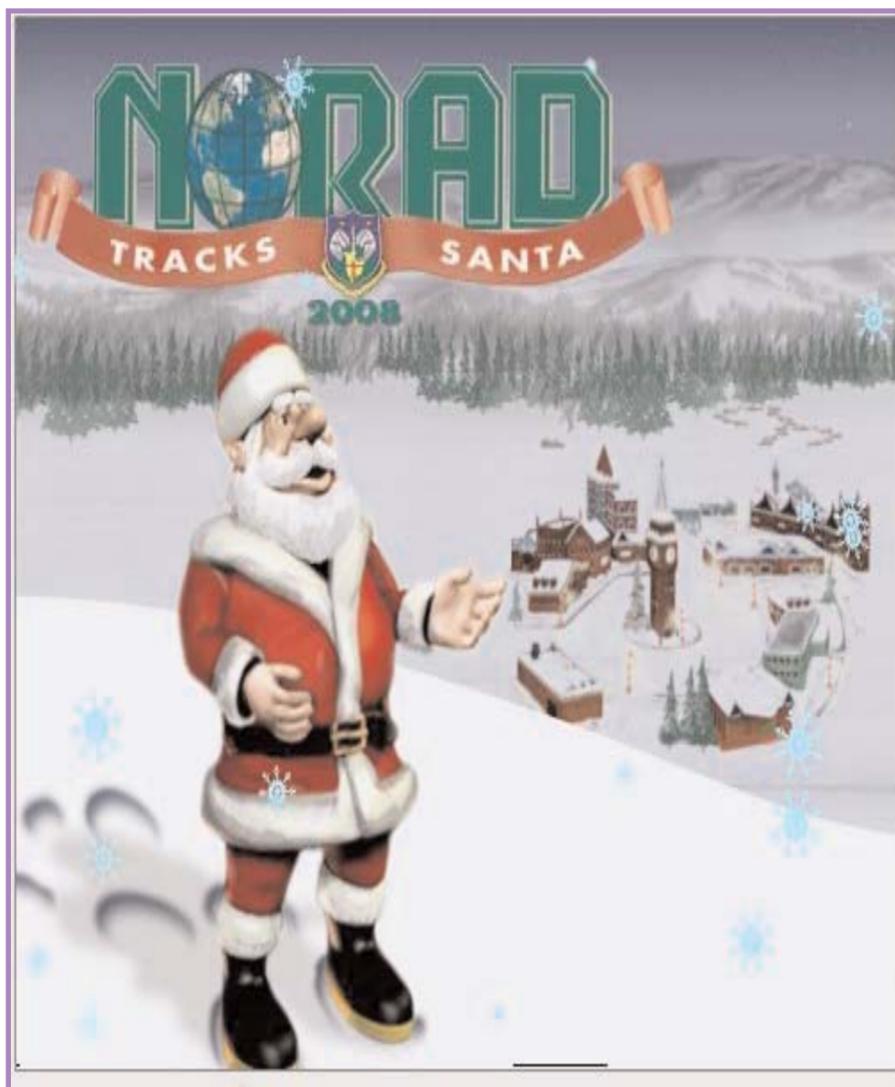
There are also various types of holiday dinners and parties that you could go to with your little one to. It doesn't really matter what you may choose to do the sim-

ple fact is that you are getting to do it with your little one. Isn't that after all what the holidays are really about? To get to spend time with those you love?

Come out get to it go have fun with your little one, build some lasting memories with them and start new family traditions. Just think of the fun things that you will get to do.



The photo above was cookies that were made by my niece and while I was on the phone with her and then placed by her tree for Santa and the letter and Reindeer food in the photo below were recieved by the same niece from Santa. Each year she and I visit Norad to watch Santas trip to be sure when she needs to be in bed by.



Wearing your kink in a fun and cute way

By Mary Francen

This issue as you can see by the photos that go along with this profile/review the item that I am reviewing is clothing that has artwork on it. This was submitted to us by one of our readers.

The site is a café press store that you can get to by putting this address into your search engine on your internet browser. <http://www.cafepress.com/DaddysGirls>

They have many items for sale and various types of artwork dedicated to the Daddy/little girl relationship everything from pillows to tea shirts and mugs. The artwork is all original and was originally done on paper and then inked by the artist and store owner Robert.

Robert a Daddy himself has been as he puts it into this kink and spanking for a long time and has found that there seemed to be a need for this and so he opened up a store thinking that others might want to

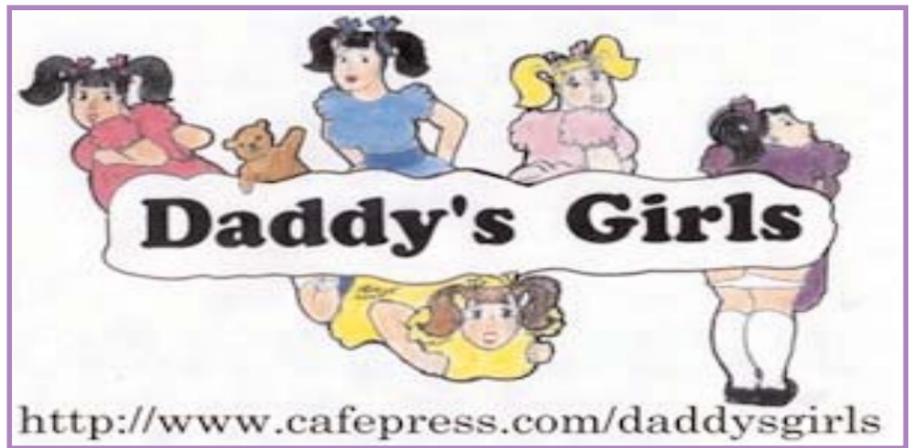
purchase these types of items.

I purchased the tea shirt that advertises "waiting for Daddy to tuck me in" it comes in a few colors I chose my favorite color "baby pink", a fitting color for Daddys baby girl.

I would suggest ordering more than one item as my shipping was a bit high for just a tea shirt at seven dollars, in hindsight I should have ordered perhaps a mug to along with it. I ordered ladies size two X and found that it fit nicely as I wanted the shirt to wear to bed as a nightshirt.

It has been washed only one time since that night that it arrived in the mail, it seems to have kept its shape very well I did notice that there is a graying around the artwork in a square pattern that I didn't notice when it had first arrived.

I also have been getting spam emails from café press since placing my order so you may want to look around once you have



signed up for some kind of box to uncheck that will prevent that from happening, I had forgotten to do that.

The artwork that Robert does is very cute and while the theme is the same throughout Daddy's little girl in various poses some with written words the pictures

themselves are quite cute and fit just about anyone's Age-Role/Play kink.

As Robert comes across a new idea he adds the artwork to his collection so be on the lookout for new designs to his wide collection and wear your kink as the ad says on the site.

How to deal with outright disobedience/defiance as a parental figure?

By Stephen Richard

As a parental figure to an adult child/teenager one of the biggest issues you may ever have to deal with is when your child/teenager decides to disobey you or be defiant in their behavior. When this is happening it can cause a lot hard choices that you as the parental figure will have to face and things you will have to really consider when dealing with your charge who has decided to disobey or tell you that, "no, they will not do something".

This can come in many forms, perhaps you have told them to put a diaper on before bedtime so they will feel little. Then later when you check in on them after they are asleep you see they have not done as you told them to do.

Sometimes rather they do it intentionally or sub consciously the child/teen could be testing you to see what you will do even if they have not obeyed you. Perhaps you told them to clean up their playrooms and they stood there and stamping their feet and said no I won't. Perhaps you had asked them to make sure to do a set chore and they just didn't do it because they didn't feel like it. How you could choose to deal with these types of issues can vary and can have some wide long lasting outcomes on

your relationship.

One of the very first things to consider is that no matter what you do or think they need to know that you still love them and you are still going to be there for them. They also need to know that what they did is not going to be allowed to happen. First and foremost you need to know why they were being defiant or disobedient were they doing it just to push you? Were they doing it to test the limits? Is a there bigger issue going on right now that you need to address?

You would have to have an honest talk with your adult child/teenager about the reasons they choose to not obey. Then using what you have learned from them you can then decide, what is the best course of action for you to take with them. In Some cases the problem could be solved by just talking about it, and life can go on. But if you have ever promised to punish them for not doing what you have said for them to then you have some hard choices that you may need to think about and consider

Do you actually punish them? That is the hard thing to think about even if the reasons could be good for them to disobey you have a choice to think about

with this you have to do what you said that you would do if they do not obey you and you may have to actually punish them. If the child/teen is doing this just to push you and see if you are going to be the way that they expect you to be, then you will have to make sure you follow through with it. In the end you have to consider something very important. They are the child/teenager you are the grownup and even if they do not like it that is how it has to be. It is the choice they made and it is the agreement in your life style for how things have to be.

There are going to be times when they will push and there are going to be times when they actually are saying they need you to be the grownup and force them to do things. Or punish them because they didn't do it.

Those things are part of any normal child or teenagers world. I need to know if you are still there and I need to know if you still care. Your child may be over the age of the 21 and live 3000 miles away from you but you may still need to find a way to enforce the rules with them.

That was often the case with my daughter before I moved to where I was in the same house with her. I was 3000 miles away

from her and I needed to come up with ways to do things as punishments when she was naughty and didn't do the things I ask her to do. Don't think for a second however that those things stopped when I moved in with her I still have to do things as punishments rather she wants them to happen or not.

She needs to know that I am the daddy and she needs to know that I will punish if she doesn't do what I say for her to do. I am the daddy she is the daughter that is way we both wanted it and that is the way the relationship has been. She may not want daddy to spank hard she may only want daddy to spank soft so it doesn't hurt but she is the little girl I am the daddy. So you see everyone I am speaking from a point of understanding here. There are going to be times when you have to punish them for not doing what you have told them to do and there are going to be times that they will push you to do just that. Do yourself and them a favor. Follow through with what you said you would do and don't back down. You aren't doing them any good otherwise.

The Multipart daddy, the daddy who is all things to our little one in order to be a daddy.

By Stephen Richard

In issue #7 I had touched upon the mix of being a daddy who punishes and a daddy who loves and protects and how the two are totally opposites. But how they often times go together and create a mix of two totally opposite parts, which form the whole daddy.

I wanted to go back to that topic for a bit and touch upon some further areas in which being a daddy is both two parts and even show how being a daddy can actually be three or more parts.

Part 1 of being a daddy means that we must be a protector. We must at any cost protect our little one from harm. We cannot ever allow anyone to harm them we cannot ever allow them be placed in situations in which they will get hurt. We cannot allow them to hurt themselves either. We have to keep them from harm all the way around. This is a must; there is no way around this we have to protect them no matter what. That is our primary goal; it is the most important of all of our tasks. Adult little ones need this to happen because they may not be able to do this for themselves.

Part 2 of being a daddy means that sometimes we have to be the one to punish, we must punish them for their own good we will have to bring some type of punishment to them. We will have to choose how

we will punish. Rather it being a physical type punishment or some type of restriction we have to punish them so they will know right from wrong.

We have to punish them so they will know that we still care enough to punish them when they do wrong. They are not bad. No child is simply bad. A child may be naughty and may do things that we consider bad and naughty but that does not mean that they are bad.

That simply means they made bad choices and did naughty things that do not make them bad. This is true with any child no matter the age even if they are 35 going on 3; this is even true if they are 51 going on 4 or 8.

Part 3 of being a daddy is the fixer of all things broken, we have to fix the broken toys we have to fix the broken games we have to fix the broken TVs we have to fix the broken cars. We are the ones who make the broken things go away. We are the ones who help make things better even if it is a broken heart that we have to fix. We fix the broke hearts with kisses and hugs and lots of TLC. We fix the other things with skill and lots of daddies magical know hows, but we fix the heart with lots of TLC. No matter what we are fixing for our little ones we have to make sure to not get upset and not show that we may be mad at what

we have to fix. Even if they are the ones who broke it, we may have to become part 2 afterward but for now we are part 3.

Part 4 of being a daddy is the daddy who finds all things lost. We have to find the shoes; we have to find our keys after they were playing with them. We have to find socks, we have to find the cuddle blankets we have to find the pillows, and we have to find the cuddle friends. Sometimes we even have to find lost little ones rather they be lost by playing hide and go seek with their daddy or a little one who ran away from home because we were being mean or a little one who went out on an adventure and got lost. Sometimes we have to find lost hearts and lost feelings or even lost teeth. But no matter what the thing we must find we always are the other 3 parts as well.

Part 5 of being a daddy is the daddy who puts together the toys and computers and other things that go together, this may even be considered the part 3, oh did I forget to mention we have to do this while being the other 4 parts and while doing our best to keep a smile on our face.

Part 6 is daddy the entertainment. Sometimes we have to keep our little one entertained this could be because they are scared or bored or hurt. But we have to do this because we don't want to be daddy part

2. We play games we sing we tell stories and we dance and we even make funny voices.

Part 7 is the daddy who buys things, The daddy buy me this toy, daddy buy me this doll, daddy buy me this game daddy buy me this ring, daddy buy me this car. We are the ones who buys things both for fun and for pleasure and even for punishment. We sometimes buy things because it is needed to take care of the other parts.

Part 8 is the daddy who is the driving daddy, the daddy who has to take you little one out to the stores and out to the malls and out to do the things that go along with the other parts. We drive or we push or we pull or we guide the stroller or the bike or the shopping cart.

Part 9 of being a daddy is the daddy has to be awake at any hour of the day even if we haven't been in bed yet for over 24 hours. We still have to be ready to be any part of the daddy that has been mentioned before. And last but not least we have to be daddy part 10, this daddy is the daddy who is love. The daddy must love his little one at any point rather they are having to do the part 1 or the part 9. Daddy must always love his little one no matter what may be going on at the time.

So now you see how being a daddy means you take on many parts.