

Helen

“Her Family and Life So Far”

Fiction by Angela Bauer

As told to her

It would make a delightful story to say Helen McIntyre was born in a remote cabin on the side of a Southern California mountain.

That, however, would not be true.

In fact she was conceived in such a ‘cabin’, built by her paternal grandfather as a private hunting lodge as part of a group of such luxury ‘cabins’ where he entertained his equally wealthy friends. He owned the entire mountain and the adjacent valley.

Helen’s mother Tuppance had been born wealthy, into a family of attorneys in Pasadena, California. Helen actually was born at Huntington Hospital in 1980, attended by a respected obstetrician. Her father, Blair McIntyre, was late to the birth because he was making closing arguments in a corporate lawsuit.

The Blair McIntyre family lived in a lovely mansion not far from the historic Huntington Ritz Carlton Hotel. From birth Helen had a nursery maid and both a day and a night nanny. Tuppance was as attentive a mother as possible, considering she also was a partner in a law firm started by a great grandfather.

Having a lot of money does not solve all problems, but it can ease the burden. Despite loving parents and experience nannies, bladder control eluded young Helen.

The hospital nursery provided Helen with Pampers disposable diapers. Wanting to be modern Tuppance had hired nannies who embraced disposables. Sometimes Helen wore Pampers; other times she would wear Huggies or Baby Dry diapers.

At twenty-four months Helen showed absolutely no sign of being ready for toilet training. The same was true at thirty months. When Helen was rapidly approaching her third birthday her day nanny took the girl to her pediatrician Jennifer Sherquest.

Nothing was found to be obviously medically wrong. The two nannies and the pediatrician agreed that for Helen washable cotton diapers would improve her awareness of being wet. In theory the 'wet feeling' would motivate a desire to be toilet trained.

The DyDee Service Company gained a client. Gerber sold a lot of soft vinyl panties to cover Helen's wet diapers.

Helen was to start Pacific Oaks toddler school in September 1983, so that summer Helen was transitioned into thick cotton training pants inside Gerber vinyl panties during the day. Although by the time Helen started school she had never managed to reach a toilet and pull down her trainers before wetting the faculty at Pacific Oaks believed she was making age-appropriate progress.

During that school year Helen did learn to pull her trainers down to pee into a toilet, wipe herself and pull her trainers back into place. Occasionally her trainers remained dry for two whole hours. Then she would ignore a need to use a toilet causing the ensuing wet trainers.

After school Helen would be returned to cotton diapers. She gave no indication that she was unhappy in wet trainers or diapers.

Helen grew slowly, so at age four she was the size of a three year-old. Before the end of school in 1984 during the day Helen wore Huggies Pull-Ups. Still half of the time she just wet those instead of using the toilet.

During that summer for her nap her nanny would pin her into a diaper with Gerber baby vinyl panties. Slowly Helen got the hang of using a toilet before her nap and from time to time while wearing Pull-Ups even when she did not feel a need to pee.

For official Pre Kindergarten Helen transferred to Pacific Oaks Children's School on West California Boulevard. The faculty well knew that her bladder control was imperfect, but that was also true of about half

of her classmates. Students were encouraged to simply use the restrooms located adjoining every classroom when they needed, without asking for permission.

Each student needing Pull-Ups or cotton trainers kept a supply in their cubby. There was an assistant teacher to help students change Pull-Ups as needed.

By the time Helen started Kindergarten she was reliable enough using the toilet she only needed cotton trainers, without vinyl panties, during school. Only a couple of times did she need to change her trainers after her nap.

At home Helen wore trainers until bedtime. After her bath her nanny pinned her into cotton diapers because Helen never woke up to pee. Her *Primary Nocturnal Enuresis* continued until she was in third grade for several weeks.

Then one night she got out of bed to ask her nanny to remove her diaper so she could pee. Post using the toilet Helen was again diapered and was dry in the morning.

Since the nights were still warm, the nannies and Tuppance decided to let Helen wear just trainers to bed along with a cropped T-shirt which would not interfere with lowering the trainers. From then on Helen did not wet her trainers day or night. Her DyDee service was canceled during the Christmas break since they had not washed a wet or soiled cotton diaper in weeks.

As a reward, when Helen returned to Third Grade after the break she wore ordinary cotton panties. Her changing table was put in the storage room. Her second nanny retired and was not replaced.

Only for car trips longer than an hour or for events where toilets were hard to find did Helen wear Pull-Ups or disposable diapers. She was still petite; Huggies Size 6 fit her effectively.

For Fourth Grade Helen transferred to The Sequoia School, also on West Colorado Boulevard at Pasadena Avenue. Just-in-case there she kept spare panties and even a couple of trainers in her cubby. During class she was required to raise her hand before leaving the room to use a toilet.

Her bladder control remained reliable until nearly the end of Sixth Grade at Sequoia School. Helen had just turned twelve. Twice in a single day she more than dribbled while giggling. Since she only had two trainers

and no disposable Pull-Ups with her, the Head Mistress phoned the McIntyre mansion.

Her nanny Carmen Lewis brought a Huggies Size 6 and some Pull-Ups. She drove Helen to her pediatrician, Jennifer Sherquest, MD. The tentative diagnosis was that the dribbling was *Secondary Diurnal Stress Incontinence* which is hardly rare since Helen was approaching puberty.

The pediatrician reached Tuppance by phone to obtain consent to refer Helen to a specialist in juvenile and adolescent gynecology and urology. Fortunately Anne Reid, MD was in the same medical building and had an available appointment.

After examining Helen Dr. Reid confirmed the diagnosis. Her recommendation was to encourage Helen to start each day wearing 'big girl panties' and to keep several trainers at school. She also suggested using a waterproof sheet on Helen's bed.

Helen admitted (and Ms. Lewis) confirmed that the waterproof sheet had never been removed from her bed.

A couple of weeks later Helen returned to the specialized gynecologist Anne Reid, MD, this time with both Carmen Lewis and Tuppance. Helen had reached puberty.

Three weeks later Helen resumed wetting during the night. At first that was just small dribbles. By the third night she really wet in her sleep before midnight.

Helen and Carmen changed the bedding. Then after her shower Helen asked if she could put on a Huggies OverNite disposable. She had been taught to put on disposable diapers.

However, those Huggies OverNite were a year-old and slightly small. Later that night when Helen wet again the under-size Huggies leaked a little. Helen covered the damp sheet with a towel and changed into a Huggies Size 6 which fit her better. She found it wet when she woke up but it had not leaked.

When Helen returned from school DyDee had already delivered a supply of gauze diapers and a diaper pail. Carmen had driven to the Just-for-Tots store for new and slightly larger Babykins pull-on vinyl panties and diaper pins. The store delivered a low padded bench with a vinyl changing surface.

Carmen taught Helen how to pin on her diapers without assistance. She was so proud of that skill Helen wore her gauze diapers the rest of the afternoon. Before dinner she showed her mother how well she could pin on her diapers.

Ever since then Helen has worn some kind of diaper to bed.

At birth Helen McIntyre had been registered to enter Polytechnic Prep-School the most elite co-educational school in the Pasadena area. Both of her parents graduated from that school in different years.

Early that summer of 1992 Helen had her pre-enrolment interview and orientation. Freely she admitted that at night she wet the bed and was challenged by *Secondary Diurnal Stress Incontinence* occasionally.

Upon hearing that, Ms. Linda Dittburner (the counselor) asked Tuppance to enter the office and join the conversation. Tuppance remembered that in her day Polytechnic had a firm policy about wetting but had not shared that information with her daughter.

By phone Ms. Dittburner asked the school nurse, Eve Gordon RN, to come to the counseling office. Unfortunately Nurse Gordon could not do so until the next day. A second appointment was scheduled for Wednesday after lunch of the following week at the convenience of Tuppance, Ms. Dittburner and Nurse Gordon.

Ms. Dittburner tried to keep the meeting cheery: “The good news is that in 1982 we stopped using corporal punishment. In 1986 we stopped making naughty female students wear pink pinafores. I really hated wearing those. Do you remember them, Mrs. McIntyre?”

Without a blush Tuppance turned to Helen as she explained, “Honey, there were times I had to report to a girls coach after last class for a hard paddling. I seem to remember more than once having to wait to be paddled while Ms. Dittburner also was waiting. During my Tenth Grade year I had to wear a pink pinafore many times. Your Granny had to buy me two spare pinafores because once I was pinafores for six weeks straight. Every afternoon, when I got home wearing my pinafore, your Granny would be waiting with my punishment hairbrush!”

Since Tuppance had taken the morning off from her law office and the meeting ended early, she drove Helen to Pasadena School Uniforms on Allan Avenue just north of Colorado Boulevard. There Helen was fitted for her full set of Polytechnic uniforms.

Tuppance requested that although the final alterations would not be done until the week before school starts, “Could you please alter a generic uniform skirt to fit my daughter while we wait? I want her to wear that and a regulation white blouse home.”

While the alterations were performed Tuppance led Helen to the back showroom. There she purchased one of the old pink pinafores to fit Helen. The sales assistant remarked that nearly every Polytechnic girl had one for home use. The same proved to be true when Tuppance requested one of the school paddles, “Like was used on me in the old days.”

“I’m sorry Ma’am. Those are no longer being made. Many parents say they actually prefer the modern replacement paddles made of clear Lexan polycarbonate plastic,” the sales associate proudly stated.

While Helen blushed Tuppance selected both a bend-over paddle and another for over-the-lap spanking which was the size and shape of an oval hairbrush.

Changing into her new blouse and skirt revealed to the sales associate that Helen did not yet need a bra and was wearing Huggies Size 6. It took great self-control for the associate to stifle her laughter. She was used to seeing girls that age wearing small adult diapers, but not baby Huggies.

Once Helen was wearing her pink pinafore Tuppance had her bend over holding the counter for six sample paddle swats which hurt even with the protection of the Huggies. Helen started to sob her eyes out.

Tuppance quietly remarked, “Honey, get used to this paddle. You will be spanked as needed, including each time the school reports your misbehavior. Is this crystal clear?”

Childishly Helen answered, “Yes Mommy!” while still wearing her pink pinafore.

Instead of going to a restaurant, Tuppance drove home as rapidly as she could safely. Since from her car she had asked Carmen to make lunch that was waiting upon their arrival.

Carmen was surprised to see Helen wearing the pink pinafore: “Mrs. McIntyre, of course I have been told about those but this is the first time I have actually seen one!”

“From now on, each time Helen misbehaves put her into the pinafore,” Tuppance instructed.

Opening a bag from Pasadena School Uniforms Tuppance unloaded both Lexan paddles: “Anytime you consider her misbehavior serious enough punish her with one of these paddles!”

“Yes, Ma’am; I can do that,” Carmen answered.

“After eating please take Helen to Just-for-Tots. They will know the brand of disposable diapers Nurse Gordon requires. Get a case of those the size fitting Helen effectively. Change her into one of those. Buy her a discreet diaper bag.

“Next take Helen to the William Adrian Teen Models School on Walnut Street. I have already sent them a check and the paper work. Make sure they know Helen needs diapers. She is enrolled in the Pre School Opening Accelerated Program. They will have a list of supplies and clothing Helen will need. Buy what is needed. The school will be the reference.

“I want Helen to wear the generic school uniform but without the pinafore,” Tuppance instructed.

Everything went discreetly at Just-for-Tots.

It was Dorothy Adrian, the gorgeous sister of founder William Adrian, who greeted Helen and Carmen, leading them into a private office: “Helen, your mother, who was one of our teens in her day, explained that you need diapers.

“We will teach you how to best disguise those. You will learn to move with confidence.

“I will give you shopping lists today since you will need to bring or wear many of those items for your first lesson tomorrow morning. Show the lists at the stores. That way you will get the discount and the stores will know how to bill your parents.

“Later, when we come to the topic in your lessons, you will receive a cosmetics shopping list. Your mother told me you have not used makeup. Please do not experiment until those lessons. Today you will buy high heel shoes but please do not wear those or stockings until your lesson. Just bring them with you tomorrow.

“Here at William Adrian Teen Models we only train wholesome demure young women. We insist on firm discipline. We strongly recommend that punishment for misbehavior include spanking; that is

mandatory for models we manage as professionals. Do you have any questions?”

“My Mommy bought two strict paddles today. She even spanked me. It hurt and I will behave, I promise,” Helen said as bravely as she could.

The first store they visited was Foundations for Juniors on South Lake Avenue. The sales woman recognized the Adrian shopping list. Helen was taken into a fitting room.

Her first garment was a thin panty girdle to compress the diaper and support garters to hold up traditional stockings. Next were Nylon stockings in various shades, with and without seams.

Then Helen was fitted for several bras. Finally she was provided a selection of camisoles, half and full slips.

Another store sold elegant shoes. Helen needed black pumps with stiletto heels, both kitten (2 inches high) and 3 inches.

Eventually they returned home. Helen had wet her Attends Small, so after removing it she cleaned herself and pinned on a cotton diaper. Carmen helped Helen pack her new purchases into a spare backpack so they would be ready the next morning for modeling class.

Helen’s dad Blair McIntyre was home in time that the family could eat together. He made no comment when told about the pink pinafore or the paddles. Helen did not mention sobbing because of the swats.

Bright and early Helen got up, removed her diaper and took a shower. After drying she just could not figure how to put on an Attends Small because it had two tapes per side unlike Pampers or Huggies. Nanny Carmen was already up. She coached Helen about the adult diaper. Then she brushed and styled her hair.

After breakfast Helen put on the generic uniform skirt with a clean blouse and white knee socks. She was tingling in anticipation as she got into the car to be driven to modeling class by Carmen.

Both William and Dorothy Adrian taught. The focus was on posture and then walking naturally in high heels. Dorothy handled that. All of the girls were shown how to efficiently put on their stockings and fasten their garters.

Finally they put on their black stiletto pumps with kitten heels. For over an hour they practiced walking to a chair and just sitting. After talking to the girl to her right, each girl arose from her chair elegantly, walked to the far end of the room, made a turn, walked to the other end of the room, turned and walked back to her chair. If a girl appeared unsteady, Dorothy was there for support.

Before modeling school ended for the day, each girl removed her shoes and stockings. Those were replaced with street socks and shoes. Dorothy asked the girls to resist the temptation to either practice walking or showing-off wearing her high heels. During the next lesson they would continue getting used to putting on stockings and walking in high heels.

The entire first week of classes was devoted to walking, sitting, standing up and handling stockings. By the third morning Helen accepted her panty girdle and its garters as part of herself.

Helen also was confident enough about putting on her Attends Small that she would hold off until the last moment before leaving for class. Just before putting on her diaper she would pee into her toilet.

After her diaper was in place she would put on her girdle. Following the second class Carmen drove Helen back to Foundations for Juniors to purchase six more panty girdles so she had a freshly washed one every day.

The subject of wearing cosmetics had not been discussed at modeling school. On the same Wednesday as the afternoon school meeting each girl received her cosmetics shopping list. It was Tuppance who picked up Helen. She was waiting in the reception room for the class to conclude.

Tuppance explained about the meeting and asked Dorothy if Helen could remove her girdle. That permission was granted. Tuppance promised to ask Ms. Dittburner during the school meeting about wearing girdles to school.

Before leaving the school Helen used a restroom to remove her morning diaper, pee into a toilet and put on a clean diaper. She had not wet, but the diaper was sweaty. Besides those 1992 style sticky tapes could not be re-positioned or re-used.

There was just time for a brief mother-daughter lunch at the tea room of Bullocks Department Store on South Lake Avenue between the Adrian Modeling School and Polytechnic Prep School.

Nurse Gordon was pleased that Helen was wearing and had learned how to put on the appropriate Attends Small diaper without any assistance. Helen was promised that she would be assigned a locked cubby in the nurse's office where she could store a supply of Attends. Baby wipes and lotion would be available in the office.

Helen would be required to arrive at school and depart from school wearing her Attends diapers. For school events away from campus Helen would also be required to wear her diapers.

Tuppance told the meeting that Helen was attending the Adrian course. She also stated that while ordering a complete set of regulation Polytechnic uniforms she had purchased the generic uniform skirt Helen was wearing: "None of her previous schools required uniforms. I wanted her to have the summer to learn how to keep her uniform clean during the day.

"While at the uniform store I bought her a pink pinafore and a set of Lexan paddles for home discipline. Please phone our home should Helen misbehave. If I must work late our Nanny Carmen Lewis is authorized to paddle or spank Helen. I personally believe that delayed punishment is ineffective.

"In my day here we were allowed subtle makeup during the class day. Until Senior Year high heels were only permitted for designated social events. Have these policies changed? Also what is the current policy about girdles and other foundation garments? My bust developed when I was 11 so I needed a bra before I started at Polytechnic. Helen's bust has not developed yet. Until she needs a bra for support may she just wear a camisole?"

Linda Dittburner took her time considering the questions: "Mrs. McIntyre, back in our day here it was explained that at the time when Polytechnic first enrolled young women there was far less choice of makeup colors. The girls-only high schools in the area did not allow any lipstick or rouge until Senior Year because they felt dark red lipstick was distracting. Back then we allowed no obvious makeup even for staff and faculty, but that ban only lasted a year.

"The current makeup policy is that during the school day even for Seniors cosmetics must be subtle. As a practical matter even a Senior would be asked to remove bright red lipstick during class. I am sure any cosmetics recommended by the Adrian school will be acceptable.

“Safety of our students is more important than fashion. High heels can be distracting, depending on how they are worn. Since we cannot discriminate, for all gals we recommend flat heels, but a gal Helen’s age wearing heels no higher than two inches will not be punished so long as we have a permission letter from a parent.

“The first young women enrolled here were required to wear full girdles. Times change. We allow even Seventh Grade gals to wear any form of girdle with parental permission. We encourage gals needing diapers to wear thin panty girdles to help hold the diapers in place and to disguise them.

“To avoid being accused of discrimination, all female students are required to wear a bra appropriate to the situation on campus and at school events. Helen may wear a training bra, even a padded bra. We discourage such things as Wonder Bra, but we do consider each individual.

“Yes, Helen, you may also wear a camisole, but under that you must wear a bra.

“Have we answered all of your questions?”

Both Tuppance and Helen smiled in relief. Helen said, “I have never worn any makeup. We start those lessons at Adrian’s tomorrow. Am I allowed to not wear makeup?”

Linda answered: “Yes, Helen, that is your choice.”

Helen then asked, “If I wear a panty girdle the first day and find managing it impractical will I always have to wear a girdle.

Linda answered: “No, that will be your choice, but no girdles may have garters until you are a Senior with parental permission to wear stockings with your uniform. You are required to wear regulation white knee socks.”

Helen commented: “I am being taught to walk naturally in Kitten and three inch heels. May I wear those to school?”

Linda responded: “As I understand the term a ‘Kitten Heel’ is a low stiletto. All spike and stiletto heel shoes are prohibited here except for social events. No three inch heels of any style may be worn except at social events. You are allowed to wear broader 2 inch ‘cadet’ heels here, such as on certain Mary Janes.”

All questions having been answered the meeting concluded.

Tuppance drove Helen to the designated cosmetics store. There the Adrian shopping list was filled.

From the cosmetics store they drove to Adrian's preferred shoe store. Tuppance bought Helen a pair of black Mary Janes with two inch heels. She was sure someone at Adrian's would coach Helen about walking in those.

Even as Helen was about to start Seventh Grade at age twelve, she only weighed 79 pounds and stood 4'8" on her taller days. With hips of only 23" she could wear Huggies Size 6. Attends Small were nearly too large, but by then Attends had stopped making the sizes Youth and Junior which were even smaller than the 'Small'.

By the time her modeling course ended, Helen could walk very well in 4" stiletto heels with all the confidence of an adult. She could apply her own makeup and could sit like a lady. Helen had become as one with any of her bras. Only people who had known Helen a long time could tell she needed her diapers.

The Monday came in September when Helen had her first day of Seventh Grade at Polytechnic. She had always been an outstanding student. She flourished surrounded by so many bright students and faculty.

Never did Helen have a conflict about wearing Attends to school. She also never got in trouble. She never caused a phone call to be placed reporting her for misbehavior.

Sure at home Helen was hardly a saint. When she talked back to a parent or Nanny Carmen, she got a bare-bottom spanking with the smaller Lexan paddle or she was bent over for the larger paddle on her diaper.

Before Seventh Grade ended Helen did begin to develop as a young woman. She had grown an inch taller.

During the summer between Seventh and Eighth Grades Helen took cotillion classes, as well as an Adrian Two-Day Refresher Course.

During Eighth Grade her bust grew so much she really needed the support of her bras. Helen was still short enough none of the other girls considered her competition for the popular boys.

Actually Helen preferred intellectual fellows. She began to date one boy who actually had a slightly higher grade point average. They gave each other first wet kisses, which they both found delightful.

Helen applied to many universities with pre-law departments. She wanted to join her mother's sorority, so she declined such schools as Princeton which has no sororities. Instead she went to a less famous school with a chapter of that sorority.

Tuppance was happy because her sorority still believed in strict discipline. To avoid charges of illegal hazing punishment for infractions was administered in private by a big sister or the house mother. Tuppance knew such 'spankings' did her daughter a world of good. She knew Helen still needed spankings and close supervision.

Helen wore a lot of Attends during her pre-law days. She was nearly top in her class and was accepted by Harvard Law. Nobody cared about her diapers.

Instead of living in a law school dorm, Helen lived with a friend of Tuppance from law school. Helen agreed that woman should have *in locus parentis* authority to punish her as needed, finding a good reason to spank her every couple of weeks. Helen had a waterproof sheet on her bed. The Boston branch of DyDee made regular deliveries.

Helen was Valedictorian as well as having edited Law Review. Usually the Law Review Editor accepted an invitation to clerk with the Supreme Court of the United States.

However in pre-law Helen became impressed by a judge on the US Federal Circuit Court of Appeals in Atlanta. For the year following graduation Helen took bar exams in several states while serving as a research law clerk, learning a lot. While in Atlanta she lived with another friend of Tuppance and used the Atlanta branch of DyDee.

Nobody was surprised when Helen was hired as an associate attorney by the family law firm. She moved back to Pasadena, but rented a one-bedroom apartment in a building owned by her parents. By then she had reached her full adult height, 5'1" and seldom wore heels shorter than four inches. Her breasts had grown, as had her hips. Her weight was up to 98 pounds, so it had been awhile since she could wear any baby disposables in the conventional way. DyDee delivered to her apartment. She bought her Babykins vinyl panties from Just-for-Tots.

During an incontinence support group meeting in Pasadena Helen learned that women who day wet in dribbles were having success converting baby cloth-like disposable diapers into slip-in pads. Highly recommended were Pampers Cruisers. All she needed to do was cut away the side flaps. For Helen Size 4 was the best fit. She wore snug knit cotton briefs to hold the pads in place. These were more comfortable and discreet than Attends.

Most weekends Helen would have at least one meal with her parents. In private Tuppance would ask about events in Helen's life. Once or twice a month Helen would confess either naughty thoughts or actual misbehavior. Tuppance would then administer a sound spanking, until Helen sobbed her eyes out.

The summer Helen became a Third-Year Associate attorney with her firm, at a regional American Bar Association Continuing Education weekend in Santa Barbara she was introduced to Ted Washburn Clarke.

Ted was five years older than Helen. He was a graduate of Stanford Law. Following graduation he joined the US Navy legal service. When they met Ted had recently made partner in a major Los Angeles law firm and was still in the US Navy Reserves.

They fell in love over their first dinner at the Santa Barbara Biltmore Hotel's dining room. That is a most romantic place.

It turned out Ted had grown up in Pasadena and had graduated from Polytechnic Prep five years before Helen. Neither remembered meeting on campus or elsewhere before. That was strange because their parents were part of the same social set and all belonged to the Annandale Golf and Country Club in western Pasadena.

Ted's mother Carole Washburn is a former Adrian model and Rose Queen. Carole's father owned a soft-drink bottling empire. Her mother had once been a cocktail waitress at Annandale. Ted's late father had been a leading entertainment attorney.

When they first began dating Ted was such a gentleman Helen considered the possibility he was not into women. She had dated as her schedule permitted since prep school. She was not a virgin at the time she met Ted.

After two weeks of dating him, Helen invited Ted to her apartment. She did not attempt to hide an open bag of Attends, many converted Pampers or the stacks of DyDee diapers in her bedroom.

Helen kissed Ted deeply as she started to undress sensually and slowly. She had selected thigh-high seamed stockings, so she could leave those in place. Ted did not bat an eye when the removal of her dress revealed her slip-in disposable pad. He kissed her and helped her finish undressing. Then she undressed him. They made mad monkey love.

After making love Ted did not flee in terror when Helen pinned on her bedtime diaper. She knew he woke up when she had to change her diaper during the night. In the morning she invited him to shower first.

While Ted was in the bathroom, Helen dug in a drawer. She placed both of her Lexan paddles on her bed.

She deeply kissed Ted when he emerged from his shower. She led him to the bed: “Darling, you know I lack bladder control. It is only fair I also admit sometimes I lack self-control. I really hope you can still love me.

“When I started Seventh Grade at Polytechnic my Mom began to spank me. I came to depend on having my conduct supervised. That’s why I selected a university with sororities for pre-law, so a big sister or housemother could spank me. Since I moved back here I go to Mom when I feel I am out of control. I confess and she decides how hard to spank me. The harder spankings are over Mom’s lap on my bare bottom with the smaller paddle.

“As much as I love you, I know that for us to have a future you are going to have to punish me when I misbehave or do not please you. I must be sure you will take me to our bedroom and spank me like I am a naughty brat. Will you do that? Will you spank me as soon as I take off my diaper and clean up?”

Ted did not act shocked or even surprised: “Helen Precious, the day after we got back from Santa Barbara Tuppance phoned me. She said you told her we had dinner there. When I confirmed that was true, she informed me that you are incontinent and also that you need external corporal punishment.

“Frankly I never expected to spank an adult. I’ve never seen a spanking in person, just John Wayne and his son spanking Maureen O’Hara and Stephanie Powers in *McLintock!* They used small coal shovels, but I suppose I can make do with plastic paddles.

“Come back here with your bare bottom clean. Let’s get this show on the road!”

Helen gave Ted another deep kiss before she scampered to her bathroom. On her way back to Ted she stopped to pick up a few gauze diapers from the DyDee stack: “Ted, just sit on the bed here.”

She pointed to a spot where the head of the bed was to Ted’s left and the bed would support her legs. When he sat there she spread the diapers to protect his lap: “I did use the toilet, but with me you can never be sure I won’t leak.”

Helen assumed the position over his lap. Ted’s first spanks were not hard: “Darling, I’m not fragile. When I am naughty I deserve to really be punished, like John Wayne spanked in the movies!”

From then on Ted spanked her as hard as anyone ever had spanked her. She had a few tears as she got up, used one hand to rub away the sting and the other to embrace her beloved Ted as they kissed a long time.

Fortunately that was a Sunday morning so neither needed to call off from work!

After they came up for air, Helen said seriously: “Ted, promise me that from now on you will supervise my conduct. When you believe I need correction punish me without asking for permission.”

After that nearly all of their dates ended with Helen getting spanked. They went to Pasadena School Uniforms where she bought a second generic school uniform, a pink pinafore and another set of Lexan paddles for his apartment. One May Sunday they attended Renaissance Pleasure Faire where the Tower of London booth fascinated them. There they bought a mini martinet flogger, a wooden handle covered in soft black leather with seven narrow thongs.

The Friday before that Labor Day they met for dinner at a Downtown Los Angeles restaurant popular with attorneys. Helen was petulant because earlier a Federal District judge had scolded her. Like a brat she took out her frustration on their waiter.

Immediately Ted yanked her from her chair. He paid the check and ‘frog-marched’ her to the valet station. When his car was brought to them he not only roughly put her in the passenger seat, he fastened her seat belt as if she were a child.

At her apartment Ted yanked her from the car and firmly marched her to her door, which she obediently unlocked. His order to Helen was: “Strip!”

While she did so he took off his suit jacket and picked up a stack of diapers. He sat in the usual place on her bed, spreading the diapers. Helen assumed the position. Ted only spanked using his right palm. He scolded her like a brat. She could not believe a hand spanking could be that hard. She started to sob her eyes out. Ted did not stop the scolding and spanking until Helen was limp. They both knew she had been thoroughly and sufficiently punished.

He helped her up and led her to the only open corner in her bedroom. He bent down and spread out the stack of diapers. Helen obediently stood on those. Before turning her head into the corner, she kissed Ted: “Darling, that spanking was just what I needed. When can we get married?”

Six months later Helen and Ted married in a large ceremony at the Huntington Ritz-Carlton. Their honeymoon was in London, Rome and Paris.

In Paris they found a shop where they bought a home-made traditional French discipline martinet. While in Europe Helen wore mostly Abena Abri-Form S4 disposables.

They bought a comfortable ‘modest’ six bedroom home in Flintridge, just across the northwest border with Pasadena. DyDee gladly began delivering not only her cotton diapers but also waterproof absorbent underpads to the new home.

Their twin daughters Julie and Janice Clarke were born nearly two years after the wedding (in 2009) at Huntington Hospital. At the hospital the twins were provided Pampers. DyDee added newborn diapers to Helen’s delivery.

The home nursery was designed and furnished by Just-for-Tots, featuring an Italian changing table and identical bassinets which would convert to cribs when Julie and Janice were large enough.

Before the ink was dry on the twins’ birth certificates they were pre-registered for the Toddler Program and Pre-Kindergarten to Second Grade at Pacific Oaks Children’s School; at Sequoia School for Third to Sixth Grades and Polytechnic Prep School for Seventh through Twelfth Grades.

Because Helen had many cases pending, she only took off a couple of weeks. They hired an excellent nurse experienced with twins. As soon as the twins were old enough the nurse was replaced by a nanny named Elizabeth Monroe.

Elizabeth was then just 21 and had recently graduated from the highly respected Nanny Training Program at Pacific Oaks College of Education in Pasadena. The guest room closest to the nursery, which had been used by the nurse, was re-decorated as Elizabeth's bedroom. The nursery's video and audio surveillance system has portable wireless monitors for both Helen and Elizabeth.

As soon as possible, Helen was granted an indefinite leave from her law firm, of which she was a partner. Clients consented to other attorneys taking over her cases. She decided to try being a Stay At Home Mommy, with a nanny. Helen likes to cook. She did not want a housekeeper but did hire a maid to clean a few days a week.

During lunch soon after Helen could stay home somehow the conversation between her and Elizabeth turned to the philosophy of discipline as children develop. Elizabeth made it clear she had been trained to follow the desires of parents who employed her.

Helen thought for a moment: "Of course I knew eventually we must have this conversation. Ted and I both grew up in traditional, even old-fashioned, Pasadena families. Ted and his siblings were spanked when they misbehaved.

"Growing up my parents used non-corporal punishment on me although both had been spanked when they were young, at school and at home. The summer before I started Seventh Grade at Polytechnic Prep my mother took me to buy a generic school uniform, a pink pinafore and a set of Lexan paddles. That was when she started to spank me.

"I never got in trouble at Poly, but at home I was paddled or spanked for misbehavior even after I graduated. At university I deliberately pledged my Mom's sorority because they still spanked to punish infractions.

"The way it works in our marriage is that when I misbehave, or do not please Ted, we go to the bedroom where I get a spanking hard enough I cry. Ted's spankings really, really hurt, but they are good for me.

"I now am sure my parents made a huge mistake by not spanking me until I was twelve. For our children I want them to know the difference between right and wrong. Certainly inculcating such self-discipline will involve smacks to the hands and more formal spanking as they mature. Hopefully none of our children will still require spanking until they graduate from prep school, but I do not intend to throw away paddles too soon."

“Ms. McIntyre, I am confident that a sensible plan of loving discipline will get your children started on the right path,” Elizabeth said with confidence. “Apparently our mothers thought alike. I grew up on US Marine bases all over. Every time my mother thought I was out of line she spanked me very hard. The afternoon of my senior prom she spanked me with a hairbrush as a reminder to behave. Then when I got home an hour past curfew with my lipstick smeared, she spanked me again.”

When the twins were infants the word “NO!” was re-enforced by mild smacks to the hands.

As the twins approached their second birthday neither had shown any interest in learning to use the toilet. Following a check-up their pediatrician Jennifer Sherquest could find nothing wrong medically. “They will let you know when they are ready to use the toilet,” she said.

DyDee supplied cotton training pants for the twins. They wore those, covered by Babykins vinyl panties, around the house when awake. Away from home they wore Huggies Pull-Ups. Those needed frequent changing.

That fall the twins started in the Toddler Program at Pacific Oaks. They shared a cubby filled with Pull-Ups. They would be changed to disposable Pull-Ups just before being driven to school.

At thirty months the twins seldom pooped or peed when placed on a potty. They used a lot of trainers and Pull-Ups.

With the twins going to school part of every weekday, Helen resumed the practice of law part-time. Ted and Helen’s first additional nanny was a graduate student of early childhood development at Pacific Oaks College named Susan ‘Sue’ Jordan. She received a bedroom with a bath, meals and decent pay for the hours she worked.

During summer vacations Elizabeth traveled with the family, and then she had her own two week vacation with pay. During those weeks Sue was paid full-time.

As Julie and Janice grew older their Babykins vinyl panties and Pull-Ups increased in size. They really tried to get to toilets in time, but they still did not make it several times a day. When sleeping they did not wake up while wetting.

Babykins makes many sizes of vinyl pull-on pants from new-born to super-large adult. DyDee provides many sizes of cotton training pants. In 2013 the twins outgrew Huggies largest Pull-Ups.

When away from home they then began wearing GoodNites. Those proved to be less than satisfactory, especially during naps. However they were accepted by the school for Kindergarten and First Grade.

Helen belongs to several Parenting and Incontinence support groups. In late 2013 she was invited to review a proposed new Kimberly-Clark product called '*GoodNites Tru-Fit Underwear*'. These differ in many ways from the original disposable GoodNites.

Tru-Fit have a stretchy washable underwear panty with a sewn-in waterproof pouch. Disposable absorbent liners are held in place by the pouch and the stretchy underwear. The washable underwear have designs so they are better accepted by older children than other Pull-ups and even original GoodNites.

Helen found that Tru-Fit for Girls size S/M fit the twins very well. That was the size first sent for review. The Starter Pack only contained one each of two designs of the underwear and only five of the companion liners. Helen phoned the review coordinator to obtain another starter pack of the S/M size, as well as one of the L/XL.

From the press releases Helen hoped those Tru-Fit L/XL would fit her. When they finally arrived, that proved to be the case. After another conversation with the coordinator Helen received more starter pack in both sizes as well as cases of both sizes of the liners.

Julie and Janice are not the least reluctant to wear Tru-Fit, yet they also accept the combination of Babykins vinyl panties and DyDee cotton trainers. Helen remains thrilled with the L/XL Tru-Fit which she wears most days when awake. Not only does Tru-Fit eliminate the time required to cut the wings off baby disposables, the washable stretchy underwear panties hold the pads better, with an increase in capacity.

In mid-May 2014 GoodNites Tru-Fit for Girls (and the similar product for Boys) went on sale by Wal-Mart On-Line. By August 2014 many on-line and several brick & mortar stores were selling Tru-Fit.

In a more perfect world Helen and her daughters would have much more bladder control. Maybe as they mature this will happen for the twins. They are looking forward to starting First Grade in September 2015. The odds are that Helen will never re-gain bladder control. She knows that she cannot gain much weight as long as she wants to wear Tru-Fit.

Kimberly-Clark also owns Depend adult incontinence garments. Needless to say Helen frequently urges Depend to make something like Tru-Fit in larger adult sizes.

Helen and Ted remain happily married. Despite wetting, Julie and Janice are maturing into very nice and well-behaved little ladies. Sue Jordan has moved on to be replaced by other Pacific Oaks College grad students. Elizabeth Monroe remains as chief nanny to the twins.

As this is being written in May 2015 Helen is pregnant again, due in July. The plan is to hire full-time a second nanny.

The twins no longer sleep in cribs. Those are in storage. The twins now have youth beds. They do not want to sleep in separate bedrooms, for the moment. The plan is to keep the present nursery as is, with the current changing table. Very soon an over-size changing table will be installed in another room. Then the youth beds will be moved there for the twins.

Perhaps when the twins do decide each desire a private room Ted and Helen will need to buy a larger home in the Pasadena area. Certainly they will remain in the DyDee service area and within a short drive of Just-for-Tots!