

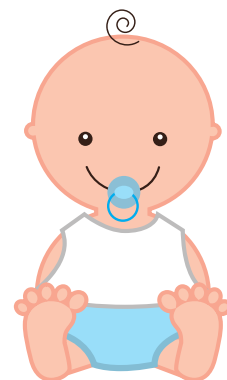
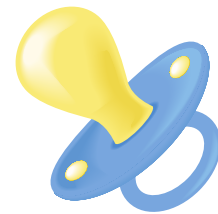
CAREGIVER SKILLS AND ITEMS TO KNOW FOR ADULT LITTLES AND BABIES


The following list is not meant to be a complete, comprehensive list of all skills and items that a Caregiver or Dominant of an adult little or baby should know. Instead, please use this list as a basic framework to then expand upon to meet your own adult little's needs. These are merely skills and items to consider as you form your relationship together.

- **Directions:** Hand this list to your adult little or baby and have them check each box of the items and skills they are looking for in a Caregiver or Dominant.

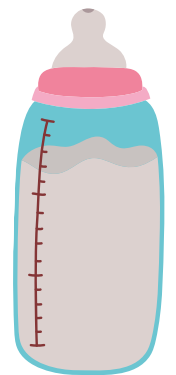
Items for Bedroom. Check all that you enjoy:

- Double rocking chair for bottle-feeding
- Nightlight
- Plushies
- Diffuser with essential oils
- Diaper changing mat
- Small kit under the bed for medical/hygiene items including:
 - Baby powder (non-talc)
 - Diaper wipes
 - Nail clippers
 - Diaper rash cream




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- Soft rattle to hold while changing diaper
 - Fresh diapers
 - First aid kit (band-aids, disinfectant wipes, neosporin cream, anti-fungal cream, gauze, instant cold pack, muscle wrap, Icy hot cream, etc.)
 - Thermometer
 - Vicks Vapo-rub
 - Pulse oximeter
 - Cough drops

 - Maternity pillow (to further swaddle around your Little)
 - The Original Hug Sleep Pod (blanket; on Amazon)
 - Stand fan
 - Pacifier/Dummy
 - Pacifier/Dummy Clips
 - Onesies/Rompers/Overalls/Dresses
 - Hats/Bonnets
 - Mittens






Caregiver Skills for the bedroom. Check all that you desire in a Caregiver-partner:

- Able to gently burp their adult little/baby to relieve gas pains
 - Able to change their diaper/nappy
 - Understands that when changing a cis-female adult baby/Little they must be wiped from front to back to avoid bacterial infections.
 - Able to read a story before bedtime
 - Able to gently hold on a sofa, double rocking chair, or bed to bottle-feed their Little/Baby
 - Able to help dress their adult baby/little into pajamas
 - Able to safely swaddle or tuck their adult little/baby into bed
 - Understands that their little/baby needs to get 7-8 hours of quality sleep.
 - Able to provide a glass of water by their little/baby's bedside table should they get thirsty.
 - Able to soothe and comfort their little/baby if they have a nightmare.
 - Is able to handle their little/baby crying or becoming upset.
 - Able to provide basic first aid treatment if necessary
 - Is CPR/First Aid Certified
 - Able to sanitize and wash all dummies/pacifiers before giving to their adult baby/little
 - Able to regulate a comfortable temperature in the bedroom with the use of fans or heaters
 - Able to put a comforting oil scent in a diffuser to provide aromatherapy for their little/baby before bedtime
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Items for the Bathroom. Check all that you enjoy:

- Enjoys a warm bath
 - Enjoys a warm shower
 - Natural bathing bubbles
 - Bath salts
 - Epsom Salts
 - Bath oils
 - Bath candles
 - Spa bath pillow
 - Bath bombs
 - Bath caddy
 - Bathing cups to rinse hair
 - Plush robe
 - Oversized towels
 - Non-slip bath mat
 - Shower/Tub Crayons
 - Bath toys
 - Shower slippers
 - Face mask
 - Baby lotion
 - Coconut oil for skin
 - Pumice
 - Non-tangle hairbrush
 - Deogra Mini Hair Dryer for Kids
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Caregiver Skills in the Bathroom.

Check all that you desire in a Caregiver-partner:


- Able to shampoo, condition, wash, and rinse body and hair without getting soap into their little/baby's eyes.
 - Able to use a no-tear cup to rinse shampoo from hair
 - Able to assist in brushing teeth
 - Able to assist in shaving their little/baby
 - Able to moisturize/lotion their little/baby
 - Understands to check the temperature of the shower or bath water first before allowing their little/baby to step in.
 - Able to lay out fresh towels and clothing in the bathroom to use after bathing.
 - Able to brush and dry their little/baby's hair.
 - Understands to wash their body first, and then wash their hair so that they retain heat in their body and don't get chilled. You lose the majority of heat from the top of your head.
 - Able to towel dry, swaddle, and assist their little/baby into fresh clothing.
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Items for the kitchen and eating area. Check all that you enjoy:


- Adult feeding bottle
- Sippy cup
- Drinking water bottle
- Plastic cutlery and eating dishes
- Placemat
- ABDL High Chair (see Etsy for purchasing)
- Blender (for making pureed “baby food”)
- Adult bibs
- Soft rags or wipes for keeping hands and face clean while eating

Caregiver skills for the kitchen. Check all that you desire in a Caregiver-partner:

- Able to feed their baby/little
 - Able to cut up food into proper bite-sized pieces
 - Able to cook basic meals with healthy, balanced portions
 - Able to wipe and keep their baby/little clean during and after eating
 - Able to provide healthy options for snack time
 - Able to perform the Heimlich maneuver should the little/baby choke
 - Understands to check the temperature on all food prior to feeding their baby/little
 - Checks for any and all food allergies that their adult little/baby might have!
 - Able to cook a basic chicken soup (or variation thereof) if their adult little/baby gets sick
 - Understands the B.R.A.T. diet (Bananas, Rice, Applesauce, Toast) should their little/baby have an upset stomach.
 - Encourages their adult little/baby to use their best table manners.
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Items to have “on the go” with your Adult Baby/Little. Check all that you desire:


- A bag to keep all of the adult baby/little’s needed items together
 - Fidget toys
 - Hand sanitizer or spray
 - Disposable gloves
 - Face masks
 - Individual packaged snacks
 - Insulated water bottle
 - Wet wipes
 - Facial tissues
 - Feminine hygiene products (if necessary)
 - Music app with little space music tunes
 - Emergency car kit (first aid, roadside safety, extra non-perishable food and water)
 - Sunscreen
 - Aloe (for sunburns)
 - Medical insurance card (or a color photocopy)
 - Epi-pen (if needed)
 - Allergy medicine (if needed)
 - Calamine lotion (for mosquito bites)
 - A sun hat
 - A light jacket or heavy winter coat (depending on weather)
 - A scarf (light or heavy)
 - Large ziplock bags
 - Portable battery (to charge cell phone)
 - Extra power adaptor (to charge devices)
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Caregiver skills to know while “on the go” with your Adult little/baby. Check all that you desire in a Caregiver-partner:


- Able to drive safely and defensively
- Able to buckle their adult little/baby into the car to simulate getting to a car seat
- Able to drive in all weather conditions
- Able to drive at night
- Able to navigate various forms of public transportation
- Knows how to safely administer an epi-pen should the baby/little go into anaphylactic shock from an allergic reaction.
- Able to safely apply sunscreen to their little/baby prior to going out in daylight hours.
- Able to safely apply aloe to their little/baby should they become sunburned.
- Able to give their baby/little allergy medication safely.
- Understands to sanitize their baby/little’s hands after each stop on an outing to protect against germs.
- Able to help their baby/little into a face mask to stay safe during the pandemic.
- Understands to use disposable gloves when pumping petrol into the car to prevent the spread of germs into the car.
- Able to locate the local hospital or walk-in medical clinic should their little/baby need medical assistance.
- Able to help their little/baby on any and all airplanes and airports.
- Researches destinations far from home prior to taking their little/baby on vacation.







Items to have as a Caregiver in case of a medical emergency. Check all that you desire:

- Ibuprofen (Make sure they are not allergic)
 - Acetaminophen (Make sure they are not allergic)
 - Aspirin (Make sure they are not allergic)
 - Hot water/ Ice bag (reuseable)
 - Instant cold packs (single use)
 - Band-aids
 - Antiseptic wipes
 - Tweezers (especially helpful for splinters)
 - Latex gloves (Make sure they are not allergic to latex)
 - Mouth guard to administer CPR if needed
 - Gauze pads
 - Neosporin antibacterial ointment
 - Thermometer
 - Pulse oximeter
 - Vicks Vapo-rub
 - Burn gel or spray
 - Safety pins in various sizes
 - Triangular bandage for arm sling
 - Any and all medications specific to your adult little/baby
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Medical skills for your Caregiver-partner to know. Check all that you desire for them to have:

- Able to administer first aid treatment
 - Able to stay calm in the event of an emergency
 - Able to discern when medical treatment from professionals is needed
 - Understands the signs and symptoms of a fever and what to look out for. (Sweating, chills, loss of appetite, achy/lethargic, restless)
 - Understands what to do in the event of their adult baby/little getting a fever. (Drink plenty of cool fluids to stay hydrated, lots of rest, apply cool washcloths to the forehead and wrists, give Ibuprofen or Tylenol to bring down fever, dress them in lightweight clothing even if they have chills, seek medical treatment if 103 degrees (F)/ 39 degrees Celsius).
 - Able to apply a tourniquet in the event of an open wound to stop bleeding.
 - Able to identify poisonous plants and animals and keep their baby/little safe
 - Able to swim proficiently and understands how to get out of a rip current in the ocean.
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- Understands what to do in the event of their Little/Baby getting a concussion. (Limit screen time, limit exposure to bright lights and sounds, avoid movement of the head and neck, stay hydrated, rest, eat plenty of protein, eat foods rich in omega 3's).
 - Understands what to do in the event of their Little/Baby getting a sprained ankle or foot (a very common injury!). (R.I.C.E. = Rest, Ice, Compression, and Elevation)
 - Able to give proper care if their baby/little is choking. (Have them bend forward slightly. Alternate between 5 back blows striking a flat hand between the shoulder blades while your other hand supports their chest. Strike hard to help dislodge the food. Then switch to 5 abdominal thrusts gripping your hands just below the belly button and thrusting inward and upwards to help push air upwards in the body to dislodge the food. Alternate between 5 back thrusts, and then 5 abdominal thrusts, and repeat until the airway is clear).
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- Able to safely treat their Little/Baby for a headache, stomach ache, or the common cold.
 - Able to assist their Little/Baby in the event of an anxiety/panic attack (if necessary; please discuss with your partner in advance what things help them when they have a panic attack as everyone with anxiety is different. Generally speaking, encouraging your Little to do deep breathing and helping them to move and sit in a quiet area away from the trigger helps significantly).
 - Able to assist their Little/Baby if they are struggling with Depression. (If necessary; please discuss all mental health issues at length with your partner as soon as possible. It is vital for your Caregiver to understand all necessary medical information that might need to know to better care for you).
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