

# Capcons Over, Now What?

**With diaperperv, your incontinence coach!**



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Diaperperv - ABDL aware since 1996

ABDL sites since 2007

Facilitating Diaper Fantasies since 2015

ABDL has been my personal fetish since Mar 26, 18

# What else does life have to offer...?

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Many people think of Capcon as the big hurrah for the year, the pinnacle of what it means to be ABDL and the bestest experience they could ever have! For some, it's drop time, filled with loneliness, sadness/depression and the dark months.

It's completely normal! Most people have some form of Con Drop, even if it's mild, such as just being unmotivated to do anything productive.

Con Drop is a physiological reaction that often has emotional or psychological symptoms. Essentially, it's the endorphins and other happy chemicals your body has been spewing out the last 3-5 days dissipating. It's the crash after the high.

Sometimes you won't know what you need until you've experienced the lack of it. If you can take a full day or even a half day (at your earliest convenience) to veg out, do some self care; things that make you happy and give you joy, do it.

# Things to do for the next event!

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Write down answers to the following...

What can I do to anticipate my body/mind/soul/relationship needs and take care of them before the event happens?

What will my self-care needs be during the event, and how can I make sure they get met? What are my post-event needs, that I can prepare for now and have ready and waiting for me after the event?

Let's Brainstorm!

Now take your list and brainstorm a quick sub-list of ways you could meet those needs. NOTE: It's okay to have needs! Contrary to popular belief, having needs doesn't make you needy; not getting your needs met makes you needy.

# What you can physically do to help!

1 | Alcohol is central nervous system depressant

Drinking alcohol in moderation is key!

- Hydrate
- Water, green tea, pedalyte
- Vitamins D, zinc, B & C

2 | Endorphins drop from all this stimulus

Make the effort to stay (or become) active!

- Going for walks or hikes
- Check out a new dance/cardio class
- Learn a new skill, archery, painting.

3 | You probably haven't been eating well

Take the time to create a healthy meal plan.

- Cook batches of you fave food & freeze
- Get a week of prepared meals or meal in a box

# Con vs. Real Life

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Comparing your real, normal life to ideal con life, because what we have here is the ideal fantasy world for ABDL's.

You need to rewire and rethink that timeline... Capcon is the START & launch of what how you're going to make this year amazing & incorporate more of the community into your life, if time prevails. Instead of watching TV shows or random movies or however your adult self, zones out during your relaxation time, make that time to get more involved in the community. Because we've been immersed in this utopia land for 4 days, we need to bring that feeling to your daily lives, whether it's IRL or online.

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Take all that creativity and expression you saw at Cap and get ideas on how you can make positive ABDL choices this year!

Stay in touch with the people you met at Cap! Be sure to get their socials, email or messaging system and **ACTUALLY MESSAGE THEM!** See how they're doing, what they learned about themselves this year, and just stay in touch. Facetime, instagram video.

Share your experiences & favorite things about Cap online via different platforms.

# Bring ABDL creativity into your daily life.

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After seeing all the vendors & crafts, it'll inspire some ABDL creativity of your own.

Think about what skills you already have and if there are things you could learn to create on your own such as:

- decorating pacis and making paci clips.
- ABDL photography - take pics of your local friends, stuffies, ABDL objects to create cool collages & scenes
- sewing (taking sewing classes) making making some easy things like bonnets, bibs.
  - beading, making bracelets and necklaces.
- converting jars & water bottles into baby bottles and decorating them.

# Bring some ABDL to your BDSM scene

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Review the classes you went to and see if you have enough knowledge of your own on any ABDL subject to organize your own class.

Does your city have a sex/kink convention? Another place to propose educational classes, most likely an "intro to Ageplay" or "Diaper Fetish 101"

# Finding others – Start a munch!

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Think about ideas to bring to your local munch & monthly play parties.  
“But wait, there’s no munch in my town!”

Places to post: Fetlife, Reddit, daily diapers forum

Where to go?

ABDL Trivia time? Diaper Olympics can be turned into Littles Sports day for a vanilla park setting. Water themed sports day!

Short story writing about your perfect littles day & read them outloud.

# ABDL Community Resources

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## Forums:

Fetlife - super awesome for munches, finding real life resources, interest groups and finding ppl once you figure out how to find where you want to be.

Reddit - There's a lot of advice asking & giving. Great place for feeling helpful & some of the best advice given online that I've seen.

ADISC.org - Still a ton of newbies and a ton of old schoolers too.

dailydiapers.com - Has some very advanced diaper reviews & even review guidelines. Kinda active.

# Social Media

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[Instagram](#) - do not connect it to your phone #, phone contacts or facebook. Probably the most active ABDL community on there with high engagement and daily interactions (and drama) Be careful of the content you post & the hashtags used, can result in shadowbanning (2 weeks) leading to deletion (i've been deleted a total of 5 times)

[Twitter](#) - allows nudity and pics/vids sexual in nature. There's some old schoolers on there & all the ABDL's posting links to their content sites.

[Facebook](#) - a lot of international ABDL's where porn sites are banned. Don't know how to act!

[Tumblr](#) - the original Insta but with lots of stories.

[Youtube](#) - awesome diaper reviews from khuck. tons of great personalities to watch.

[Deviant Art](#) - tons of hotness

**Podcasts:** one that's almost an afterthought and a lot of TNG don't know about

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**Love in Brief** - 2yrs strong, has introduced abdl podcasts to a younger generation. Super cool married couple that keeps the topic on point and discusses relevant, real life ABDL issues and offers real life advice.

**The Big Little Podcast** - almost a decade strong & has 135 episodes. Hosts Mako & Spacey are kink immersed and married, not to each other. Delves deep into some serious issues/topics and has intelligent, well picked and knowledgeable guests.

**The Usual Bet**- 4 ABDL girls that all together talk about stuff! It's like your part of the convo.

**ABDL: CrinkleCast** - @Mommy\_aw\_so\_cute who's the community organizer here. Walks through her personal journey, living the lifestyle and her dynamics with her littles.

**American Sex Podcast** w/ Sunny Megatron - Episodes #111 - Interview with Paul Ruloff & Episode #115 with @handsome\_black\_diaperlover

**The Diaper Tapes** - Introspective from an ABDL married to a vanilla, also diaper reviews.

**The Crinkle Cast** - from the Teddycon team, some great interviews w/ old schoolers in the community. Not updated much.

**ZorroDaddy: 1 on 1** - more great interviews with old schooler & founders

**Dream a Little Podcast** w/ Lo - has some great guests that share their personal insights & she offers ideas on how to introduce ABDL to your partner.

Story Resources: Wattpad - Tumblr - Amazon - [www.adultbaby.co.uk/stories/](http://www.adultbaby.co.uk/stories/)

## EDUCATIONAL SITES:

### [Understandinginfantilism.org](http://Understandinginfantilism.org)

Props to Bittergrey for creating this amazing resource & creating/compiling/sharing survey data.

[abysitter.com](http://abysitter.com) - don't go on there if you don't have a ton of free time!! great interviews & over a decade of in depth posts that are introspective, enlightening & reaffirming.

### Other ideas for feeling little at city events:

[BOUNCE HOUSES](http://www.thebigbounceamerica.com) - [www.thebigbounceamerica.com](http://www.thebigbounceamerica.com) - travels across the USA & has adults only times

[ONESIE EVENTS](#) - in bigger cities, they'll have onesie pub crawls, onesie runs

[Trampoline Parks](#) - get your munch group together for some dodgeball or tag.

## Questions from Bittergrey

\*Where do you hang out, and would you recommend it to others? Would this answer differ if they were looking for thoughtful conversation, diaper pics, etc?

\*Is it at all realistic to discuss a singular "AB/DL community" versus a plurality of communities?

\*Assuming that you agree that social media is currently primary gateway into the AB/DL community (although not necessarily a primary gateway towards AB/DL-related interests), do you think newcomers initiate into the first forum they come to, seek out particular forums to get connected with, a mix of both, or something else?

\*Some forums are very active, to the point where keeping up might be difficult. Others are low-noise, sometimes to the point of being dead-quiet sometimes. Most are somewhere in between. Are there forums that provide a better option to having to choose one point along the continuum?

\*Have you ever contemplated taking a social media fast (i.e. taking a break from social media for a while), or actually taken one?

# See you @ Capcon 2021!

...until then stay active online, in  
real life & spread your knowledge!

