

BabyLink



Basic guide on CG/L Dynamic

Understand the roles of Littles, Middles and Caregivers

Greetings

**HI, I AM
BABY LINH**

You may already know me through my IG **@itsbabylinh**. And if you are new here, I make content to help destigmatize Kink and BDSM. Through my personal experience and knowledge, I hope to help people looking to be active in Kink/BDSM build a safe, responsible, yet fun and fulfilling practice.

In this guide,

you will find basic information about a type of dynamic within the Kink community that is very special to me - the Caregiver-Little dynamic or CGL.

You may already know what it is. Or you've heard about it and want to research more. Or this will be brand new information for you. Regardless, we're gonna dive into the definition of a CGL dynamic and what it looks like in practice.

I will also share my personal experience with some tips to help those who are currently in a CGL dynamic in any form to improve their relationship.

A friendly reminder

While I do my best to ensure all information is as accurate as possible through research, please know that what I share here comes from my personal knowledge and experience. Always get your information from multiple sources and learn from others. Not only will you be able to confirm your learning that way, but you will also gain fresh perspectives.

With that in mind, let's get started!

CGL/DDLG/MDLB: definitions will be explained later. You may be more familiar with the term DDLG which is commonly used in the kink community to call dynamic of this nature. However, this guide uses CGL and not DDLG or MDLB because CGL is a more gender-neutral term.

Daddy and Mommy: Daddy and Mommy in this material refer to the partner that takes on the caregiving role. These are the two popular titles for Caregiver partners. However, please do not think you can only pick one or the other. If Daddy or Mommy does not resonate with you, you can go with a more meaningful title for you. I know people in a similar role that goes by Baba, Mama, Goddess, Teddy or Sir.

SOME NOTES

on terms that you will find throughout this material

Daddy Dom (DD) and Mommy Domme (MD)

Please note that although a CGL dynamic often goes hand in hand with power exchange (D/s), hence the DD (Daddy Dom) or MD (Mommy Domme) acronyms you usually see in many information sources, that is not always the case. Not all Littles or Middles identify with being submissives. Similarly, not all Caregivers/ Daddies/ Mommies identify with a Dominant role. And for that reason, in this guide, I write about the CGL dynamic with autonomy from a D/s (Dominant/submissive) dynamic. However, there will be chapters about how the two can work together in a harmonious relationship.

SOME NOTES

cont.

What is a CG/L dynamic?

CGL stands for Caregiver/Little.

It's a type of dynamic where one partner takes on a caregiving role (e.g. Daddy, Mommy).

On the other hand, the Little(or Middle)partner acts childlike in a youthful headspace. They look up to their Caregiver as a source of safety and guidance.

CGL is the umbrella term for DDLG, MDLB and other following (but not limited to) dynamics of similar nature.

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- DDLG - Daddy Dom/Little girl
 - DDLB-Daddy Dom/Little boy
 - MDLB-Mommy Domme/Little boy
 - MDLG-MommyDomme/Little girl
 - TDLG-Trans Daddy Dom/Little girl
 - TMLB-Trans Mommy Domme/Little boy

CGL is gender-neutral.

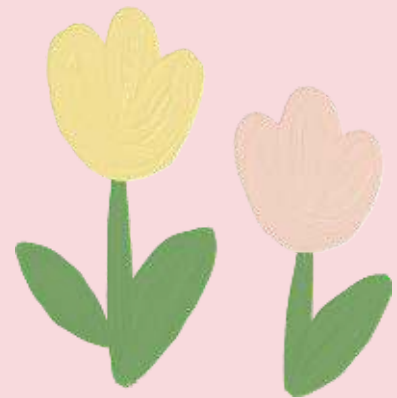
Some people also use it to mean a non-sexual dynamic. It's possible to have a mixture of non-sexual CGL and other sexual D/s aspects in the overall dynamic.

The CGL dynamic itself can be sexual, non-sexual or platonic.

Consent, limits, negotiation, aftercare and safety are all essential aspects to include.

People find this type of dynamic fulfilling for various reasons. Some people want to feel small, almost invisible, or delicate and helpless while knowing they are safe within their partner's presence. Some people use this space to get to know their inner child. Some are attracted to partners with authority and power but also sweet and caring. And some people desire to wholeheartedly care for their partners, in every way.

Consent is VITAL.



Consent

Whether you are in a vanilla or kinky relationship, consent is KEY. Never assume that you have someone's consent without them making it clear. When in doubt, always ask. The truth is, sometimes consent conversations are sexy. But sometimes, they could be awkward, especially for those new to ethical consent practice. And that's ok. But that's no excuse to avoid consent conversations.

Even if you are in a relationship with a partner, it doesn't mean they consent to engage in kink activities with you. When introducing Kink to your relationship, make it abundantly clear that your partner CAN say NO. You can not manipulate or coerce them into consenting. Consent conversations should be ongoing. You can do this during the dynamic negotiation phase, or include questions in foreplay or during the scene. *Can I...*, *How do you feel about...*, *Do you want me to...*, *May I...* are all good phrases to affirm enthusiastic consent with all partners.

Being a Caregiver/Daddy/Mommy is a huge responsibility but very rewarding for those who enjoy the dynamic.



What does the Caregiver do?

Daddy and Mommy love taking care of their Littles/Middles. They often do this through acts of service, words of affirmation, or providing guidance. They set rules and routines to help their Littles enjoy themselves and stay on track. They want to create a safe and nurturing environment for their partners to grow. Daddy and Mommy can be soft and loving, but also strict when need to be.

The caring acts vary from preparing the littles food, giving them baths, brushing their hair to take care of their other needs.

Caregivers and burnout

A Caregiver takes on the responsibilities of caring for and helping their Little/Middle thrive. Even though that's something they want and choose to do, it requires time, focus, energy, and patience. Sometimes, the Caregiver will feel tired and burnout. And that's ok if they need to slow down. It's ok if a Caregiver takes a break. You can't pour from an empty cup. So it's crucial to take care of yourself, first and foremost, as a Caregiver.



How to support a Caregiver experiencing burnout

For the Little/Middle partner:

- Ask them what they need and how you can help.
- Assure them that you understand.
- Take care of yourself.
- Practice aftercare.
- Check in with your partner regularly.

For the Caregiver partner:

- Recognizing burnout.
- Speak up about your needs.
- Practice self-care.
- Do something you enjoy by yourself.
- Seek professional help if necessary and accessible for you.

You can transition in and out of the CG/L dynamic to allow time to recharge for both partners. Making necessary adjustments is not a failure to your relationship.

Who are Littles?

It's quite difficult to have a set definition for a Little. In simple words, a Little is someone who adopts the traits and personalities of a young child. They experience a youthful head space, also known as Little space. As I mentioned before, not all Littles engage in power exchange. I refrain from saying Littles are also submissives because the Little role can be very diverse

We shouldn't forget switches, those who identify with both the Caregiver and Little/Middle. They can take on different roles in multiple dynamics. Or switching from Caregiver to Little/Middle (and vice versa) in a dynamic with one partner with pre-negotiation.



Little age

Sometimes you will hear the term "Little age". It is an age that someone's Little persona resonates with, anywhere from 2 to 8. In other words, it's their age in Little space. Defining your Little age is not a must. It can get tricky, especially when someone is just starting to explore. I do not have a Little age because my Little self moves around Little and Middle spaces. And I want to allow that freedom. However, someone may find that knowing their Little age helps shape their Little space better.

Littles enjoy childish activities, such as dressing in a onesie, colouring, drinking from sippy cups, playing with stuffed animals, sucking on a paci, even wearing diapers etc. However, you don't need to do any of those things if you don't feel comfortable. Being a Little is not about the aesthetic (although it can be truly fun and cute). It's about enjoying your Little space however you want.



Little space

Little space is a headspace where Littles get to be small, relaxed, worry-free and see things through the lenses of a child.

Little space is therapeutic for many. It can guide Littles to discover unsettled knots in their childhood, bring back great memories, and even deal with unresolved problems from a younger age. That's why so many Littles, including myself, find comfort in our Little space. And we step out of it feeling refreshed and free. But it also means that we're more vulnerable when we're in Little space. It is a delicate state to be in. Littles often only express their Little space around people they trust.

One is never too old (18+ of course) to explore Little space.

If you're just starting to explore being a little and little space, I would recommend



Where to start
exploring Little space

- Do research

You can learn about Little and Little space through reading books, listening to podcasts or learning from trusted Kink content creators.

- Talk to other Littles.

By talking to other Littles, you have an idea of what Little space may look like for them and get some inspiration for yourself. I say inspiration because **Little space is very personal and different for everyone.** Making Little friends will help you build a support system. It becomes a space for you to explore with like-minded peers.

- Try it out

You can start with typical activities that a Little most likely enjoys. For example, colouring, playing dress-up or playing with stuffies. Remember that you don't need to like something just because other Littles do. **Find what brings you joy.**

Don't be scared. Lean into your vulnerability.

Entering a child-like headspace as an adult can be scary. You may feel vulnerable. You may worry about others' judgments. You may be under stress to find a safe space to express yourself.

I was scared of my Little space at first because I felt so small. And all my guards are lowered. But when I learned to embrace it, I found that I was happy and relaxed. Now my Little space is a stable part of my self-care.



Disclaimer: Kink is not therapy.

Please don't engage in kink activities as a form of therapy. They come with great risks. And your partner is not your therapist. If you need help, please reach out to qualified professionals.

Who are Middles?

A Middle (in the kink community) identifies with an older age bracket than the Little. **Middle age** is usually preteen (11,12) or teen (16,17). Some people find themselves switching from Little to Middle from time to time and vice versa.

Middles enjoy teenage activities such as collecting posters, watching teen dramas, and anime, trying out makeups, hairstyles, DIYs, temporary tattoos, teen aesthetics etc.-anything that reminds them of their teenage years. However, please note that these activities do not define a Middle. For example, not all Middles watch anime, and not all anime fans are Middles.

Similar to Little space, there is also Middle space. In this headspace, they are free from their adult worries, to feel present and comfortable in the teenage headspace. Middles are often more active, and brattier than Littles. But not all Middles are brats. When engaging in sexual activities, they are curious and enthusiastic about plays and sensations.

keep on
Dreamin' 

Why does someone enjoy CGL dynamic?

The nature of a CGL dynamic centers the **act of care**- caring for others and being cared for, a desire many of us have on various levels. The Caregiver partner finds a sense of duty and fulfillment in this dynamic. They are pleased to know that their littles or middles trust and count on them. My Daddy Dom takes pride in caring for me. And he loves to see me grow into the happiest version of myself.

On the other side, the Little or Middle can satisfy their desires of being seen and looked after. Little space can be very positive and liberating. Personally, my Little space creates an opportunity to heal and nurture my inner child. Being a gifted child, I felt the pressure to be the "best" kid or student to earn recognition from my parents and other adults. And I would be guilty and ashamed when I failed to do so. I did not get to go through my childhood carefree and naïve as any kid should. It results in unresolved issues that follow me till my adult years. When I discovered Little space, I finally felt like I could get in touch with that version of me from childhood. My DDLG dynamic has been very rewarding for my Daddy Dom partner and me.



Forever
Young

A decorative graphic featuring the words "Forever" and "Young" in a stylized, cursive font. "Forever" is written in yellow with small radiating lines around it, and "Young" is written in orange. Both words are set against a white, cloud-like glow. Below the graphic is a solid pink horizontal bar.

Will I lose my independence as the Little/Middle in a CGL dynamic?

This is a common concern for those interested in the CGL dynamic. My answer is: **No, you will not.** Adult partners always have autonomy in any relationship. And CGL is not an exception. How much control you want to offer your partner is really up to you. Similarly, you decide how much control you want to hold and in which areas. A healthy CGL dynamic is based on interdependence, not codependence. Give yourself space and time to enjoy your own company without your partner. Practice self-care, pick up hobbies, hang out with friends and families, etc.

TW: mentioning of pedophilia

Stigmas around CGL dynamic

Sadly, the CGL community full of beautiful souls is often misunderstood. To the vanilla world and even some parts within the kink community, the CGL dynamic is still shamed. The most common misconception is that CGL encourages pedophilia. Or even worse, some people think it is pedophilia and sexualizing children. However, this is NOT true. The kink CGL community is 18+. And there are no children involved.

CGL is NOT being attracted to a child. It is a mutually consented dynamic between adults. It's about feeling small, protected, and finding peace hidden in the inner child. It's about caring for and nurturing someone you deeply care about.

We are often told that our Kink is not "healthy". But who to decide what is healthy for you besides yourself? If you're content and benefiting from your relationship without harming others, why care about others' judgement.

CGL and Kink

**THE CGL
COMMUNITY
SHOULD BE
STRICTLY 18+**

Even though non-sexual CGL dynamics are common (as mentioned above), CGL and the culture behind it can not be separated from Kink. Not only it's tricky to define CGL outside of the Kink context, but also dangerous to do so as we can risk getting children accidentally involve in adult activities.

Ageplay can be sex-related or not at all. But either way, it's something that happens between adults, fully consented. Minors who don't fully understand often mistaken CGL with age regression(agere). They are then exposed to predators. So to protect minors and ensure trust in the community, CGL is 18+. This is not a form of gatekeeping, but good intention and being responsible.




Ageplay and CGL

Ageplay is a type of role-playing in which the role player adopts a character in a younger or older age than their actual age. Some people will argue that CGL is ageplay. However, I will say that ageplay is just a component of a CGL dynamic. **When we put a young child and Kink in a mix, it's wrong and unethical.** But in this case, we need to keep in mind that a Little/Middle is an adult who is engaging in a form of roleplay. Therefore they are capable of consenting. And there are no actual children involved.

I consider ageplay to be only a component of CGL because many Littles and Middles see their little sides as a part of who they are. More than simply role-playing, they embody this persona. It becomes their lifestyle. Seeing the world through a lens of different ages can help broaden your perspectives.

GCL vs. Agere

Age regression refers to when a person reverts to the state of mind of a child. Unlike Little/Middle space, it is not a headspace. There is voluntary and involuntary age regression. Age regressors lose the awareness of an adult. Therefore when someone age regresses, they CAN NOT give consent. Age regression can be a symptom of PTSD, depressive disorder, and even dementia. It is strictly non-sexual. It can be used as a professionally (or self) guided tool to cope with past traumas and anxiety. That's why voluntary age regression is often said to be a coping mechanism. **And this is where things get mixed up with Little space.** Because a lot of us also see our Little space as a way to fight stress and anxiety. In contrast to age regression, Littles and Middles can enter or exit their Little/Middle space as they wish. They still have adult awareness and are able to give (and withdraw) consent. However, sometimes they so intensely submerge in Little/Middle space that it feels like age-regression. And there are Littles and Middles who also age regress.



The terms "Little" and "Caregivers" are shared by both the agere and CGL communities. When you do your research about CGL, you will find that some resources use age regression and Little space interchangeably. This can be very dangerous. Children can also age regress, so some do join the agere community. Cross-tagging the two communities leads to harmful consequences.

Unfortunately, the headspace of a Little and their behaviours can be so complex that one may not be able to find words to describe it, rather than "regress". So if you do come across that issue, consider the context and just in mind that Little space and "age regression" or regression therapy are not the same.

Because of many existing misunderstandings and misinformation about CGL, accepting that this is something you may be into can be baffling and conflicting. You may feel ashamed, guilty and even disgusted.

HERE ARE A FEW TIPS TO HELP OVERCOME INNER SHAME:

Talk to others who understand. This includes Kink and sex-friendly therapists, counsellors and other people who share the same kink. Reach out to those who are currently in a CGL dynamic and ask for their perspectives.

Research and reflect. Read books, look up online resources, and follow Kink positive and Kink/BDSM educational accounts on social media. Attending events and workshops on this topic is also a great idea. Seek to understand CGL with an open mind.

Know that it's not weird or disgusting. If you continue to measure your needs with social norms, you will feel this way. But you deserve to enjoy your kinks as long as you don't harm others. Being kinky isn't wrong. In fact, multiple pieces of research show that people who engage in consensual BDSM, role play and other fetishes communicate better, have less stress and are more open to new experiences. (among other benefits)

Disclosing your kink and dealing with kink-shaming from others

— **Get comfort from a community of like-minded people.** This is why it's beneficial to join a Kink community either online or locally. You will find a place to share your experience and get reassurance from others who understand.

— **Practice self-care.** Take care of your mental and physical wellbeing. Remember that you can choose to disconnect from those negative comments.

— **You don't have to be "out".** Disclosing your kinks and sexuality or not is your choice. If you want to do it, stick to facts and emphasize how your current kinky dynamic with a partner is safe, consensual and rewarding, without getting into many personal details. How I often explain this concept to people is: "You know how when you're a kid, you're so carefree and innocent and everything around you is a wonder? When you can do nothing and be taken care of? Well, from time to time I need to be in that child-like headspace even though I am now an adult."

As I briefly mentioned in the beginning, a CGL dynamic can be separated from a D/s dynamic. But it is common to see dynamics that combine CGL and BDSM. My DDLG relationship with my Daddy Dom is one of those. We also uphold a D/s aspect simultaneously with Daddy (his title)/baby girl (my title). My subspace is different from my littlespace. When I am in my subspace, I am sexually active and desire to serve and please my Dom. As a service sub, I love carrying out tasks given by Him. In contrast, my little space is non-sexual. When I am in little headspace, I don't engage in scenes. I stop all adult duties and only want little activities. My favourite things to do is colouring and cuddling with Daddy.

There isn't a clear distinction between the two dynamics within our relationship. In fact, they blend together. There are rules that I have to follow even in little space. And Daddy always has authority and the power to make decisions. But He sees His dominance also as an act of service to care for me.

CGL AND D/S

Here are some possible combinations for a dynamic of such nature

- CGL 24/7 and D/s 24/7 simultaneously.
- Partial D/s and CGL 24/7.
- D/s 24/7 and partial CGL.
- TPE D/s and CGL 24/7.
- Partial D/s and partial CGL.
- TPE D/s and partial CGL.

And many more.
(TPE stands for Total power exchange)

You can include protocols, tasks, rewards and punishment in your CGL dynamic (with pre-negotiation). You need to discuss with your partner what your desired dynamic will look like. Will there also be a mixture of CGL and BDSM? In which areas do you want power exchange to apply? And remember, with or without BDSM, a CGL still requires consent from all partners.

Tip: Come up with a cue (can be verbal or non-verbal) to signal when the Little/Middle partner is experiencing Little/Middle space.



Not all Littles or Middles are also submissives.

Similarly, not all Caregivers, Daddies or Mommies identify with the Dominant role.

You should never assume anyone's role and identity.

Vetting tips

**VETTING IS THE
PROCESS OF
INVESTIGATING
THE PROSPECTIVE
PARTNER FOR
COMPATIBILITY**

- Don't let the title cloud your judgement and distract you from seeing the person behind that title. Remember, anyone can say they are a Daddy, Mommy or a Dominant. But do they know what responsibilities come with the title? And are they willing to accept them?
- Ask lots of questions and not only about Kink or BDSM. Get to know their hobby, passion, their pet peeves or their dream holiday. You get the idea.
- Ask for references. The person can be someone in your perspective's partner community, their mentor or someone who had been in a dynamic with them in the past.
- Be honest and upfront during your vetting process. Don't worry that you would upset that person and only say what they want to hear.
- A vetting process is not equal to an agreement to the dynamic. Vetting is not an invitation to play.

Negotiation in a CGL dynamic

During the negotiation process with a potential partner, look for compatibility and if they are seeking the same dynamic. Exchange a list of other kinks (if any).

Discuss the following (but not limited to):

- your role
- your likes/dislikes
- your desires
- your health history/concerns
- your expectation
- your boundaries and limitation
- in what areas of your life that you want the CGL dynamic to apply? For example, only when you and your partner are together. Or you can use the established dynamic to help you work on discipline and self-improvement. In terms of boundary example, you can set a boundary that your CGL dynamic can not interfere with your relationships with friends or families.

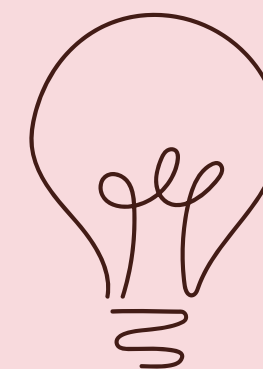
- Safeword. Yes, there is definitely use for safeword in a CGL dynamic, with or without BDSM. Safeword can help the Caregiver signal when they are feeling burnout or the Little/Middle when they feel overwhelmed. Then partners can stop to re-evaluate their dynamic before deciding to continue.

If you incorporate BDSM into your CGL dynamic, **learn about safety practices**. Recognize that negotiation in a kinky dynamic is an ongoing process. And it requires honest and open communication.

Note

I do not have the bandwidth in this guide to sufficiently explain the D/s dynamic, BDSM, vetting and negotiation, and other terms such as 24/7, partial, or total power exchange (TPE). Please do your own research to learn more.

Feel free to reach out to me if you have any other questions and I would be happy to provide resources suggestion.



Aftercare in a CGL dynamic

Aftercare is the act of partners taking care of each other and provide support after an emotional and physical intense event such as having sex.

Aftercare should happen after every scene. However, for CGL couple that doesn't engage in BDSM, aftercare still provides benefits. Aftercare, especially when considering its purpose, can also be applied to other emotionally and physically demanding situations in a dynamic. For example, providing care after a social event. It's much needed, especially when a partner is socially anxious.

Another example is the time after conflict. We get so worked up during an argument. And so, by taking a minute to soothe each other, you show that you still value your partner and begin healing together. Some aftercare ideas: words of reassurance, hugging, cuddling, or simply taking a minute to cool down with a walk.

Aftercare ideas



Heat or Cool

blanket, clothing, turn up heat or turn on AC, fan, open window, etc.



Food/Drink

Some people set a specific treat to only have for aftercare. The treat, in return, will provide an instant feeling of comfort and soothing.



Affirmation/Re-assurance

Praises, compliments
Express how great you felt



Checking in

"How are you feeling?"
"Would you like me to do anything?"
"Do you need some space?"



Care for wounds/marks

Apply ointments or soothing balm



Clean up and Wash up

Clean up the areas
Take a bath/shower together



Rest up

And lots of cuddles



Post-scene discussion

What went well and what could improve



Watch for any sign of burnout,
Dom(me) or sub drops



Tips to nurture Little space

For Caregivers (DD/MD)

- Allow your little to freely express themselves and encourage your little to do activities they enjoy.
- Build your partner's trust by asking them how you can help make them feel safe and comfortable.

For Littles and Middles

- Make time to be Little/Middle.
- Dedicate some space for your Little/Middle space. Make it pretty and exciting.
- Not sure how to enter Little/Middle space? Reflect on what brought you happiness when you were young. Maybe it was a children's show, drawing and colouring, playing with stuffed animals, or going out playing in the park. Start with doing those activities in a relaxing environment. You can even ask your partner to join you.



Tips for better communication

- If you can't say it, write it down. You're dying to tell your partner something. But words just don't come out. How about writing it down on a sticky note, as a letter or journal? I know some Daddies and Mommies give journaling as a task for their Littles/ Middles. This works especially well for shy Littles/Middles.
- Have a routine check-in. In this check-in, you and your partner can discuss positive things in your dynamic and what to adjust. This can happen maybe once a month or every three months.

The CGL is built on trust, respect, care and support. Keep showing up for your partners and continue working on your relationship.



Tada! We made it to the end.


I hope you learn something new.

If you think you're a Little/ Middle or a Caregiver but don't know how to shape your ideal dynamic, perhaps the following question may help.

1. What aspects of a DDLG dynamic that interest you? (age play? youthful energy? feeling small? protecting and caring for your partner?)
2. If you are in a dynamic, what benefits do you hope it brings?
3. Why CGL and not other types of D/s dynamic?
4. How do you imagine your Little or Daddy/Mommy Dom(me) role looks like?



If you have any questions or feedback, don't hesitate to reach out to me through my IG **@itsbabylinh** or email **babylinh.info@gmail.com**

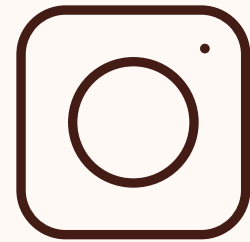


Remember that Kink is customizable. You can cater your dynamic however fits you and your partners best. So if you resonate with some parts of this guide but think you would make some changes in others, go right ahead. There is no perfect framework for a CGL dynamic, just what works for you. I encourage you to explore other materials. And if you decide to explore, keep an open mind and take baby steps. Have fun and be safe.

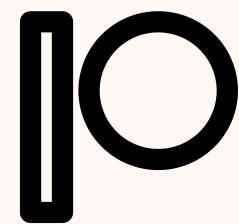


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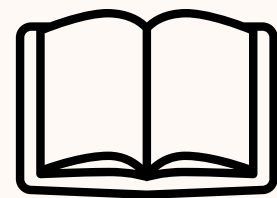
For more D/s, CGL and Little content



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Suggested readings

<https://bookshop.org/lists/where-to-start-your-kink-journey>