Kelly wasn’t allowed out of the highchair until she had finished all the cereal and milk. As she was let down from the chair she heard her stomach rumble as it digested all the food that had been given to it. Kelly followed the other two adults down the hall where everyone started putting their shoes on. In the hallway, with the walls close together, Kelly became distinctly aware of how loud her diaper was. Each step and movement caused the plastic to fold and crinkle. How much her mind was amplifying the sound she couldn’t say but it felt extremely obvious to her.

Kelly slipped on her trainers and was just about to tie up the laces when she was stopped. Craig leaned down in front of her and without a word grabbed the laces himself, Kelly went red and looked at the wall as her shoes were fastened for her. It didn’t seem like her parents wanted to give her the option to do anything for fear of messing it up.

As soon as the shoes were fastened Beth opened the door. It was like a production line, as soon as one step was finished the next one began. Kelly realised she was being whisked along so quickly she hardly had a minute to think about what was happening yet alone fight back. Kelly was taken to the car and as she stumbled along she reached down to try and smooth her skirt, she was very worried about her clothing riding up and being seen.

Kelly was anxious to get into the car where she would be hidden from the neighbours. As soon as the back door opened she slid inside and pulled it shut. As Kelly put on her seatbelt she found it impossible to hide the diaper between her thighs as her skirt rode up.

This would all have been so impossible just a few days ago. Kelly couldn’t believe how quickly she had gone from her usual cocky self all the way down to where she was now. She never thought anyone could tame the wild spirit she was proud to have and yet now she was being proven wrong. Craig had come in like a wrecking ball and knocked Kelly down several pegs, his discipline had broken Kelly’s resistance faster than she could ever expect.

Beth and Craig got in the front seats and soon the car was pulling out of the driveway and on to the road. Kelly felt silly being taken to an appointment by her mom and future step-father. At thirty-years-old Kelly had obviously been going to her appointments alone for a very long time, all of a sudden she had not one but two chaperones.

The journey wasn’t a long one and soon the car was pulling up in the small car park. Kelly was reluctant to get out of the car but soon she was stepping out into the sunlight. The car park was quiet but that wasn’t a surprise, the dentist office wasn’t very big with only two dentists and their nurses working there.

Kelly was the last of the family to go inside and she looked around nervously as he mom and Craig went to the reception desk. Kelly looked around and saw a lot of people looking back. Apart from her diaper she was starting to appreciate just how childish her outfit was, no one was dressed like her except for a baby girl being held by her mother. As surreptitiously as possible Kelly reached down and tried to pull the skirt part of her clothes down, she felt exposed.

“Please take a seat. The dentist will call you in soon.” The receptionist’s cheery voice was audible throughout most of the room.

Kelly walked along and sat down on a chair in the middle of an empty row. The chairs faced each other across some open space and there were some people looking across at her. It was hard to keep the diaper hidden in such a situation but Kelly did her best to pull her skirt down to cover herself, she knew she was acting oddly and the people on the other row of seats were frowning in confusion.

Nervousness filled Kelly and she couldn’t stop fidgeting. She felt so exposed and every time she saw other people looking her way or whispering to the person they were with her brain immediately assumed they knew her horrible little secret. She almost obsessively flattened her skirt against her diaper as she tried to hide it. Her hands trembled anxiously and she was feeling increasingly emotional, it was taking all of her willpower not to stand up and run away. Her parents were calm in comparison, chatting away and reading the provided magazines.

The nerves were getting worse and Kelly was practically in tears as she sat in the seat. She felt her bladder twinge and she immediately relaxed to feel a dribble of pee into the front of her padding. She didn’t even think about it until it was happening, as soon as it stopped she felt her need to run away become overpowering. She felt her mind made up and she stood up as she looked to the doorway.

“Kelly?” A young woman in a nurse’s uniform looked up from the clipboard at the edge of the waiting room.

Kelly’s mom and step-father stood up either side of Kelly and all of a sudden she was trapped again. Kelly was walked around the chairs and over to the nurse who was smiling politely at her. The padded woman felt like a prisoner as she was led down the corridor with a parent on either side of her acting as guards.

Kelly saw the door to the outside and as much as she wanted to make a run for it she meekly continued following the nurse. The nurse pushed open a door and Kelly turned to see the dentist’s chair and all the scary equipment around the room. Sitting in the corner at the back in front of a computer was the dentist that Kelly had been seeing for most of her adult life. He looked up and seemed a little surprised to see three people coming in behind the nurse.

“Hello, Kelly.” The dentist said as he stood up, “Any problems? Just a check-up?”

Kelly meekly nodded her head as the Dentist stepped forwards and pushed the large light and equipment stand to the side. He indicated that Kelly should have a seat and she took a crinkly step forward. She turned to see Beth and Craig smiling as they walked to the side and sat down.

“I normally see my patients one-on-one…” The dentist said as he looked at Beth and Craig.

“Oh, it’s fine.” Craig replied, “We’re her parents.”

“But Kelly is…” The dentist started.

“We’ll stay out of the way.” Beth smiled.

The dentist looked like he wanted to continue questioning things but thought better of it. He was already behind schedule with a waiting room full of patients. It was just a check-up so wouldn’t be a big deal to just get it over with.

Kelly kept her hands on her skirt as she slipped into the chair. She looked around in paranoia as laid back and felt the chair rising up. She was on edge and could feel her heart pumping blood around her body very rapidly, she was still feeling flighty like a nervous bird who thought a predator was near.

The chair suddenly started tilting backwards. Kelly’s eyes flew wide and she felt her skirt starting to ride up exposing the nappy underneath. She scrambled to hold her skirt back but it was very difficult, as the dentist moved the rig over the chair she was suddenly and completely overwhelmed by panic.

Quite suddenly from everyone else’s point of view Kelly started scrambling. She slipped off the side of the chair with a face that seemed to radiate the anxiety she felt, she landed on her knees and quickly got up on to her feet as the dentist exclaimed in surprise.

Kelly bolted for the door but as she pulled it open she felt an arm wrap around her waist. She gasped as she scrambled for the hallway but couldn’t move, she knew it was Craig holding her back. In all the commotion Kelly could hear her mother apologising to the dentist and nurse who were beyond confused.

“I’m sorry, she’s been very difficult recently.” Beth was saying as if Kelly was a toddler throwing a tantrum.

“What is it… Is it dental anxiety?” The dentist asked with a frown, “That’s fairly normal…”

Craig was too strong for Kelly and eventually her grip on the door failed and she stumbled backwards back into the room. The situation was crazy inside the small room and when Kelly looked up to see the dentist she could see he was eyeing the phone, she wondered if he was planning to call for help.

As Kelly looked over she suddenly felt herself get bent over the counter. Her eyes went wide as she realised the thing she had tried to keep hidden was now exposed to the dentist. Her short skirt was hiked up showing the discoloured and wet padding underneath. She screwed up her eyes knowing what would happen next.

Kelly only had to wait a second before she felt a hand firmly smack against her rear. She let out a yelp of surprise as she was pushed forward slightly on the counter, she was thankful that her diaper acted as a cushion against the punishment.

A second spank came down and she could feel her skin inside the diaper turning red. Both her cheeks were stinging from the spanks which came down, she could already feel herself getting bruised and saw just like her previous punishments.

Tears sprung from Kelly’s eyes at the humiliation of this punishment in front of people who thought she was normal. The spanks never hurt as much as the embarrassment that accompanied them. She could imagine the dentist and nurse watching this in shock as she grunted and tried to stop from crying.

“You. Do. Not. Run. Off!” Craig punctuated the words with spanks. Each one made Kelly yelp as she jerked forward.

“Can someone tell me what is going on in here?” The dentist asked over the tumult.

The spanking stopped and Kelly felt her future step-dad’s hands leaving her body. She remained bent over with her diaper pointing out into the room. She wanted to melt away so that she wouldn’t have to face the humiliation she had just endured. She slowly reached back with her hands and pulled her skirt back down over her padding, as she slowly stood up she felt the disposable underwear crinkle.

“I’m sorry, Kelly here has been acting out recently and we’re trying to instil some respect in her.” Craig was explaining the crazy situation.

The dentist looked from person to person as if trying to work out what was happening. He seemed utterly confused but also realised that it wasn’t really any of his business. Kelly was pouting and one of her hands was rubbing her diaper whilst the other wiped at her eyes.

“Are you OK?” The dentist asked Kelly.

Kelly nodded her head.

“Will there be any more trouble?” The dentist continued, “I don’t want any of this craziness when I’m working on your teeth.”

“She’ll be good.” Craig answered for Kelly, “She’s always good after being corrected.”

Kelly kept her eyes on the floor but stepped forwards and sat on the dentist’s seat. After a couple of seconds the dentist moved forwards and the seat raised back up. Kelly was in a laid down position as the chair tilted back, her skirt rode up again and this time she forced herself to remain still. She saw the dentist look down at what she was wearing before he quickly recovered his composure and looked back up again.

“OK, let’s get to work…” The dentist said, “Open wide.”

Kelly was reeling from how surreal everything was. Just a minute ago she had been bent over a counter and spanked and now she was getting her teeth checked. Her mind was struggling to keep up with everything she was experiencing. As her teeth were checked she realised just how serious Beth and Craig were about reforming her behaviour, they were willing to punish her in public and she had to make sure that never happened again. She would have to be the one thing she had been resisting for a very long time. She would have to be a good girl.