Jessica returned to her meal whilst Laura looked down at her bowl. Every now and then she saw a bubble float to the surface and with the lumps that were clumped together she didn’t feel very hungry. A week until she might get some nice food, Laura thought to herself, at this point it felt like it might as well be a year. Laura just couldn’t see herself getting through this.

“What’s wrong?” Jessica asked after a few more mouthfuls of her meal.

“I’m not hungry.” Laura replied. She looked down and suddenly became very aware of how her legs were swinging in the air underneath the tray like a bored toddler’s.

“You need to keep your strength up.” Jessica stated as she swallowed some food, “If you want to be a good girl you’ll need to eat.”

Laura didn’t want to eat anything. She was very aware that anything she put in her mouth would come out of the other end sooner or later. The thought of pooping her diaper again made her feel physically ill. She just stared at the bowl with a frown.

“Do you need me to feed you?” Jessica asked as she put her knife and fork down, “Just let your big sister know if you need help, baby.”

Despite her horror at the thought of eating the meal in front of her the threat of being spoon fed by her sister was an excellent motivator. Laura picked up the small plastic spoon and scooped up some of the baby food. She brought it up to her face very hesitantly and almost turned away at the last moment. She could see Jessica watching her and she knew that one way or another she was going to eat this baby food.

Laura put the first spoonful of food into her mouth and immediately hated the taste that coated her tongue. She wanted to spit it out straight away but one look at Jessica knew she would regret that. It took all of her will to force herself to swallow. Laura immediately picked up the bottle of milk that had been brought out with her meal and sucked heavily to wash the taste away.

“Good girl.” Jessica praised Laura as she continued to chew her own meal, “Once you’ve finished we can change that diaper.”

Laura looked down at the food in the bowl without appetite. She quickly spooned a second mouthful of the meal into her mouth and tried to swallow it as quickly as possible. It was a lot of work and it seemed like no matter how much food Laura swallowed there was always more to come. After a while she stopped noticing the horrid taste, not because it got any better but because the food had coated her taste buds, she started thinking she would never taste anything else. Even the milk started tasting bland and horrible.

Jessica finished her food first and leaned back in her chair to watch Laura. She didn’t say anything but certainly enjoyed watching her older sister suffer through dinner. She couldn’t believe how well it had all been going, not even in her wildest dreams did she think she could bring her sister to heel this quickly or completely. Despite the initial pain of having her sister move in with her Jessica was certainly making the most of the situation.

By the time Laura had finally finished eating Jessica had already cleared up her cutlery. Laura had really struggled with the last of the baby food which had been much more filling than she thought it was. Jessica released the tray and Laura gratefully dropped on to her feet. Laura didn’t even have a second to think for herself when her sister grabbed her hand and started walking her back up the stairs.

Laura waddled as fast as she could with her diaper pulled down thanks to gravity. She would be glad to get out of the wet underwear but instead of being led to her bedroom Jessica turned in the other direction and took Laura into the bathroom.

“What’s going on?” Laura asked as she watched her sister turn on the faucets in the bath.

“What does it look like?” Jessica replied, “I’m giving you a bath. You need to make sure you are clean after everything you’ve put in your diapers today.”

Laura blushed. She wasn’t used to having people refer to “her diapers” and it was something she was sure would always sound alien no matter how long she was kept in them. Laura really didn’t want Jessica to wash her like a useless infant but she had little choice in the matter, the tapes were pulled off the front of the diaper which allowed it to drop to the floor with a splat.

Laura pulled off her shirt and then climbed into the bath. She sat down as the water started filling the tub, she hugged her knees to her chest but she didn’t know why she felt any modesty considering Jessica had already seen everything.

Laura felt Jessica prying her limbs away from her body and soon Laura was sat in the tub normally. The water was turned off when it was only just above her legs leaving the rest of her shivering. She pouted as Jessica rubbed soap all over her body. Jessica covered Laura in the soap and had no qualms about touching her more intimate places, Laura initially tried to stop her sister from going near her genitals but Jessica simply slapped her hands away.

As Laura was cleaned she closed her eyes. She didn’t understand how Jessica could go about all of this in such a workmanlike fashion, it took a few minutes to realise she was basically just a plaything for Jessica. She felt more like a baby’s doll than an adult woman.

Jessica took her sweet time cleaning Laura and when she finally pulled the plug in the tub she stood back to let Laura step out of the bath. Laura was thoroughly dried before then being led across the hallway to her bedroom. She was completely naked as she walked and felt very self-conscious.

By now the process was becoming fairly routine and Laura hopped up on to the changing table as Jessica pulled out a fresh diaper. Laura remained silent as she heard the disposable crinkle and get placed between her legs. Laura’s head rolled to the side and she sighed as her legs were lifted up so the diaper could be slid underneath her. When her butt was lowered again she felt soft padding between herself and the changing table.

The diaper was pulled up over Laura’s crotch and then was tightly taped closed. She slid to the side despondently and landed back on her feet on the floor. She wasn’t sure what she was supposed to do next so she stood in place like a good child waiting for instructions, she wasn’t even aware of how quickly her behaviour was becoming more submissive.

“I’ve got just the thing for you to wear.” Jessica smiled as she walked over to the chest of drawers underneath the window, “This was just adorable and I had to buy it for you.”

Jessica pulled something pink out of the drawer and it was only as she turned around that Laura realised what it was. A long pink onesie was held by the shoulders allowing the rest of the clothing to unfold towards the floor. The pink was broken up by cartoon pictures of sheep that were dotted all over the cloth. Laura was stunned that such clothing existed anywhere in the world yet alone in her bedroom.

“W-Where did you get that!?” Laura’s voice was breathless. The surprise had literally taken her breath away.

“Do you know that large medical supply store?” Jessica asked.

Laura didn’t know what her sister was talking about but it didn’t seem the thing that she wanted to question right now. It was unimportant where this mystery store was, besides it seemed like Jessica wasn’t expecting her to answer as she continued.

“Well, they have a new line in “cute” medical supplies.” Jessica used her fingers to draw air quotes, “Apparently some people don’t just want plain medical looking stuff, they want clothes and equipment that is appealing to the eye. It makes sense I suppose after all we wouldn’t like to be dressed in boring whites all the time, would we?”

Laura’s eyes hadn’t left the onesie. She was still struggling to believe it existed and she was already imagining how ridiculous she would look in it. She already looked like a baby in these diapers, the onesie would only serve to emphasise her odd appearance. She watched Jessica coming closer to her.

“Can’t I just wear a diaper?” Laura whined childishly, “I’ll be a good girl and everything…”

Laura knew how she sounded and her face glowed red. She knew what her sister wanted to hear and she made the calculated comment in an attempt to disarm Jessica and earn a reprieve from the situation getting worse. It was futile.

Laura reluctantly raised her arms on command and soon felt the onesie pulled down over her head. The elastic clothing was tight against her body and as it was pulled down it emphasised her curves obscenely. Jessica kneeled down and grabbed the front and back flaps. She pulled them down a little further and snapped them together. When Jessica stood back up Laura could feel the infantile clothing pushing the diaper up closer to her body. She looked over her own shoulder towards her behind which she could see sticking out thanks to the padding, the leg bands were sticking out of the elastic openings.

“It’s fits perfectly!” Jessica looked ecstatic whilst Laura’s bottom lip was practically dragging along the floor.

Laura twisted her body a little and felt the onesie twisting with her. It would be impossible to forget what she wearing as the clothing was held tight to her body. She wanted to do nothing more than reach down and rip the onesie off but forced her hands to remain at her side, she didn’t want another traumatic spanking.

“Right, I think it’s time for bed.” Jessica said when she was finished admiring Laura’s new clothes.

“Bed?” Laura looked past Jessica and out the window where the sun was still in the process of setting.

“Yes, babies need plenty of sleep.” Jessica said as she lowered the side of the crib, “We don’t want you to be cranky tomorrow.”

Laura walked obediently towards the bed and climbed in. The bars of the crib rattled up behind her and locked in place like the bars of a prison cell. Laura looked out into the room sadly. It was only just dawning on her that despite everything she had been through and experienced it had only been one day. She felt her heart sink, she wasn’t sure how much more of this she could take but it looked like Jessica expected a lot more.

Jessica left the room but returned a few minutes later with a large bottle of milk. She passed the bottle through to Laura who put the bottle down by her pillows. Jessica also dropped a stuffed bear into the toddler bed.

“Have a good sleep.” Jessica said to her sister as she turned away, “Just cry if you need me.”

Laura held on to the bars as Jessica left and then sighed sadly. She slumped down and heard herself crinkling. She didn’t feel tired at all and although she wasn’t sure of the time she knew it was really early. She felt like a dog that had been sent out to its kennel.

It didn’t take long for Laura to become bored and she sat with her back to the bars looking out into the bedroom. She grabbed the stuffed toy and examined it just for something to do. It was a classic teddy bear but pink in colour and had a big bow tied around it’s neck. Laura threw it to the side and let out a sigh of frustration. She closed her eyes and imagined what she would be doing if she was still at home. She remembered her massive television, she remembered her snack foods and she remembered going out partying. It was all a far cry from what she had now.

There was no clock in the room but time seemed to be slowing down. It took an age for the sun to sink below the horizon and Laura yawned more from boredom than tiredness. She placed her head on her pillows and curled up into the fetal position. With a tear rolling down her cheek she eventually drifted off to sleep.