

# PETTICOAT DISCIPLINE

*Why I Made My Naughty  
Son Live as  
An Actual  
Girl!*



**By Mary Martin  
And Mrs. Chen**

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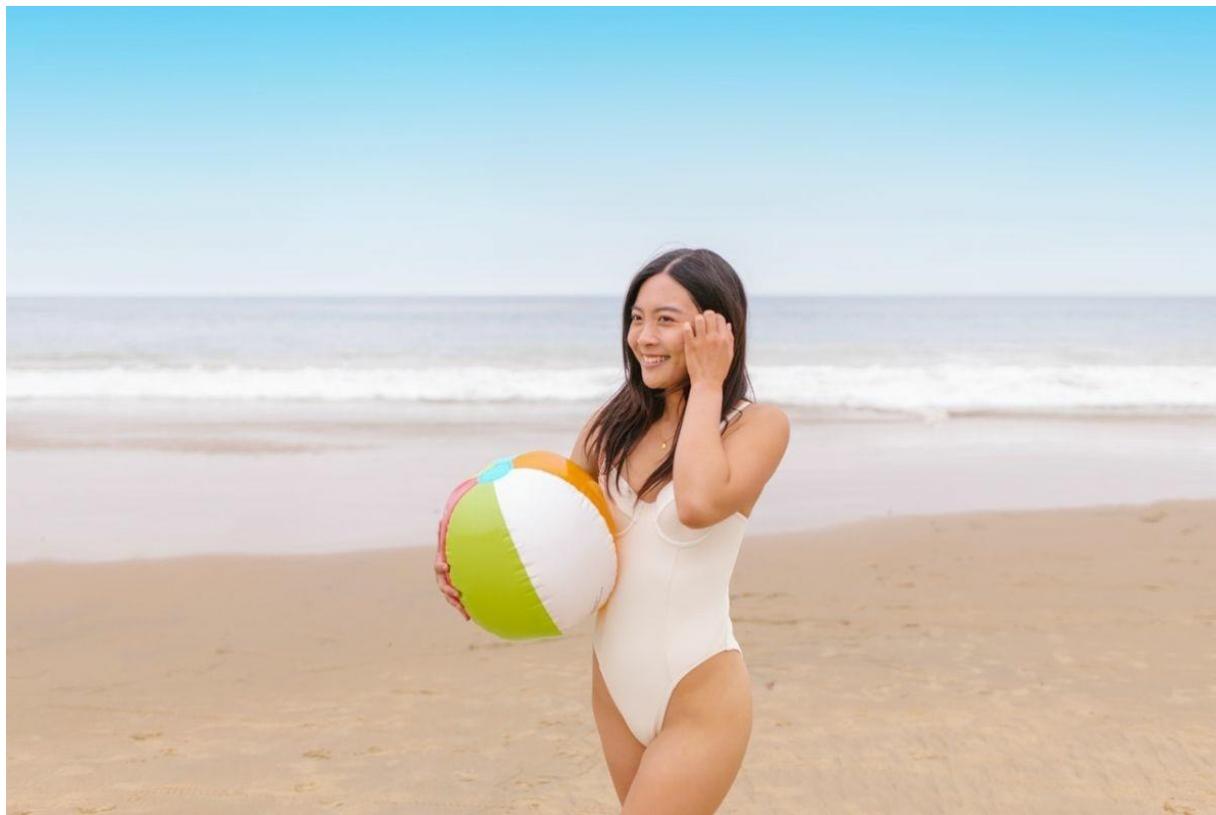
*WHY I MADE MY NAUGHTY SON LIVE AS AN ACTUAL GIRL!*

By

*MARY MARTIN AND MRS. CHEN*

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MAYBE YOUR SON WOULD BE HAPPIER AS A GIRL, TOO?



## INTRODUCTION

First of all, I want to say how happy I am to be sharing my story about petticoat discipline with a larger audience. I would like to encourage any mothers out there reading this to give it a try. It worked wonders for my own son, and I'm sure it can correct any naughty behavior in your son as well.

The first time I got my son to wear a girl's bathing suit, he hated it. He complained that it didn't fit his body and that it made him feel too girly. He said it was embarrassing. The funny thing is, this is exactly how I felt when my mom first bought me my own first bathing suit. And despite my son's complaints, we were at the beach, and I told him that if he wanted to go into the water, he had to wear his swimsuit, and I won in the end. Everyone has fun at the beach, and after he got over his initial anxiety, he actually had a great time, splashing in the surf, playing the sand, and making new friends with both boys and girls.

Petticoat discipline is an age-old and time-honored tradition in which naughty young men are taught obedience by wearing girl's clothes. It's also just adorable. I think that you can tell from the name just how old this custom really is. If I really wanted, I could buy petticoats online and make my son wear them under a dress, but these days, it's more common for girls to wear tights and pantyhose, leotards and bikinis. And that's exactly what my son started to wear.

The reason that I first made my son start to dress like a girl was because he was turning into a bully and I wanted him to get a taste of that same kind of treatment. If he thought it was so much fun to get teased by boys, I would make sure he could see how it felt. At first, the most vicious bully in his class really did make merciless fun of him. But just to prove to you that this form of discipline does in fact work, in the end, both of them have become good friends. They can even hang out on the beach together!

A lot of people ask—are they boyfriend and girlfriend? Of course, my son is too young for that! But we have definitely talked with about this and we have agreed that when he's old enough, this might be a real possibility. From the very beginning of my experiment with petticoat discipline, this was really my goal all along. It's a lot less important to me that my son feels comfortable spending the day in lipstick and pantyhose than if he can be confident and ladylike around both boys and girls. Since my goal was to make him feel like a girl, I really have no problem with him growing into a girlfriend one day.

You might also be wondering whether a boy can actually wear a girl's bathing suit. As every woman knows, since bathing suits are skintight, it's always difficult to find one that fits you just right. The same is really true for bras. A lot of bathing suits come with padding built into the bra cups, so no one will care if you add a little more material to help fill it out. The very fact that your son is wearing a girl's bathing suit

will make people assume that he's a girl to begin with. Needless to say, he should have long hair as well. And the most important part of passing as a girl, of course, is to behave like one, and this has nothing to do with clothes.

It's natural to feel self-conscious in a bathing suit, in a ballet leotard, or even in a short skirt. The entire reason that girls like to dress nice is so that we'll attract the attention of the boys around us. Don't worry if your son doesn't understand what this all means at first because it's just part of growing up. Of course, he won't be excited to put on his pantyhose in the morning, in the same way that he doesn't want to go to school or do chores around the house. The real key is to make his girlhood part of his social relationships. Hey — maybe I should spend extra time on my make-up and wear a pretty swimsuit, because it will make the boys in my life notice me and it will make them a little happier to see me, too?

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EVER SINCE MY SON STARTED LIVING AS A GIRL, HE HAS MADE A LOT OF  
NEW FRIENDS!



## CHAPTER 1. BATHING SUITS AND LEOTARDS

I know that this form of discipline is called petticoat or tights punishment, but I also read that a mom is allowed to use her discretion when choosing her son's outfits. I actually thought that a bathing suit would be the most feminine thing I could buy for my son. I knew that he would resist this punishment, and I thought that one-piece girl's swim suit would be the hardest piece of clothing for him to remove. It already had a bra and panties built in to one garment, so it was less to worry about. Also, it would be good training for him for his future ballet classes. All of the websites about petticoat discipline which I read told me I should also make him take dance lessons, as though he were a real girl. While I waited for his hair to grow out, I made him wear a girl's bathing suit under his normal clothes.

When I first learned about petticoat discipline, it almost seemed too good to be true. I actually come from a very conservative family, and it's very shameful to have a disobedient child. I'll admit, it's also a little non-traditional to raise a son as a daughter. So, I had to make a difficult choice. In the end, I decided to at least experiment with petticoat discipline, and I stuck with it because it really worked. My son was genuinely afraid of my pantyhose, and he obediently put on his bathing suit as long as I didn't make him wear a dress to school. I told him that he wasn't ready for a dress yet. He would make a fool of himself if I didn't teach him how to carry himself like a lady, first.

I had another reason for putting my son in a bathing suit, too. I told you that he could be very naughty. Sometimes, he would pretend he needed to go to the bathroom when he really didn't, just so that he could run off and play. He would ask to be excused from class so he could use the bathroom and he would even do this with me at restaurants. I told him that if he kept doing this, I would tell everyone that he was wearing a girl's bathing suit, so please understand if he takes a long time in the bathroom. I was able to train him to dress as a girl at home like this at first, and eventually I made him wear tights or pantyhose under his pants, too. By the time his hair had grown out, all I had to do was take him to a mirror and show him a perfectly feminine little creature in leotard and tights looking back at him. I told him that he would be starting school next semester as a girl, ballet classes and all.

MAKE YOUR SON START TO GROW HIS HAIR LONG AS SOON AS POSSIBLE.



THE BOYS IN HIS CLASS WILL NEED SOMETHING TO PULL ON.



## CHAPTER 2. PLEASE, PULL ON MY PIGTAILS

I would recommend that you let your son's hair grow long over the summer so that he can have a girl's hairstyle when he goes back to school. A lot of my son's classmates couldn't believe that he was really becoming a girl. Was his hair just a wig? A lot of boys started to pull on his pigtails just to find out. When my son came home crying from being teased, he asked me what to do when boys pull on his pigtails. He was starting to realize that it's not easy to be a girl and that sometimes you need to outsmart your bullies. I told him that he should invite the boys to pull on his pigtails and that, when they do, he should squeal like a pig. And when they called him a pig, I told he should correct them. He's a piglet.

I think you can see how a tense situation can quickly turn into a fun kid's game.

Eventually, all the boys at my son's school learned that they could tug his pigtails whenever they wanted, and he would just smile and blow them a kiss. They could tell him to imitate whatever animal struck their fancy. So, if they wanted him to be a kitty cat, he had to meow and lick his paws. A dog would say woof and wag its tail. My son would wag his behind, as though he really had a tail. If they said bunny, he had to make two bunny ears with his hands and squat on the ground and hop around, which is more difficult than it sounds if you're wearing a skirt.

When these initial games got boring, I taught my son to do little performances for the boys at recess of popular nursery rhymes. He could sing *Mary Had a Little Lamb*, *Twinkle Twinkle Little Star*, and even *The Itsy-Bitsy Spider*. Yes, these were a little childish for kids his age, but the boys couldn't stop laughing. As I have learned, if you can get a man to laugh, and to really enjoy himself, you have already won him over. Eventually, they stopped laughing at him and they started laughing with him, and they were all able to take pleasure in the ridiculousness of the situation. That guy who used to be a boy is now a girl and he's teaching us nursery rhymes again. Who is the real teacher? Who is in control? The point is, everything can change. It's okay to break the rules, as long as everyone has fun in the end. And for my son, the fun was really just getting started.

I GOT SERIOUS ABOUT TURNING MY SON INTO A GIRL WHEN HE WAS A TEENAGER, BUT I TRIED FEMINIZING HIM A FEW TIMES WHEN HE WAS YOUNGER, TOO.



EVERY BOY SHOULD SPEND SOME TIME IN PURE WHITE BALLET TIGHTS.



### CHAPTER 3. OH MY GOSH, YOU REALLY ARE A GIRL!

Part of the reason I'm telling this story is so that more moms out there can learn from my experience. I benefited a great deal from the online community, and I was even able to read stories of moms going back decades. Petticoating really is a lot more common than a many people might imagine. Some parts of your son's experience will be particular to him though. For example, I can't think of a single moment when my son stopped being a boy and started to be more feminine. It happened gradually, until one day both of us really knew that something big had changed within him. I think there's a reason that the process of changing from boy to girl is called *transitioning*. It doesn't happen overnight, like flipping a light switch. A lot of internet videos like to show dramatic changes, before and after pictures, or how a man can do his make-up and transform himself into a pretty lady in a few hours. I'm trying to say that you shouldn't feel discouraged if it feels like it's taking weeks, months, or even years for your son to become feminine. When you think about it, girl also need years to learn how to be ladylike. So, take your time, be patient, and try to enjoy the process.

As I said, I slowly added more and more elements of female clothing to my son's wardrobe. He's going to feel nervous the first time he wears a dress or skirt, so I actually got him started with leggings and a sports bra. He was already accustomed to wearing leotards and girl's bathing suits. You can let your son wear a leotard as a top paired with shorts so that he can feel a little more modest. Yes, every time a little ballerina goes on stage in just leotard and tights, she feels a little exposed. But if you take your son for a jog in the park, he'll see that all the other girls are also wearing skin-tight leggings and sports bras. I have seen women at the gym who basically wear a bikini to exercise, and no one seems to mind.

On special occasions, you can pull out all the stops and tell your son he's going try going totally *en femme*, that is, in full female attire. It's common knowledge that if you put a baby in pink clothes, everyone will just assume it's a girl. The biggest secret I have learned from crossdressers is that the most important part of passing as a girl is confidence. If you have long hair and you're wearing a dress, ninety percent of people will assume you're a girl. If you have good make up and female mannerisms, people will have to really look carefully to tell you're not a girl. So, offer to take your son on a girl's night out, maybe to his favorite restaurant or to a movie. But the one requirement is that he dress totally as a girl. If his hair isn't long enough yet, get him a wig. He might be delighted to see that people treat him a lot differently when he's a girl — and he just might like it.

IT CAN TAKE PRACTICE TO LEARN TO SIT LIKE A LADY.



PANTYHOSE PROVIDE AN EXTRA LAYER OF PROTECTION, WHILE ALSO  
ADDING SOME FLAIR TO ANY OUTFIT.



THERE'S NO NEED TO BE SHY ABOUT PANTYHOSE.



IN FACT, THEY ARE ONE OF THE MOST IMPORTANT PARTS OF PASSING AS A GIRL.



## CHAPTER 4. PANTYHOSE AS PANTS

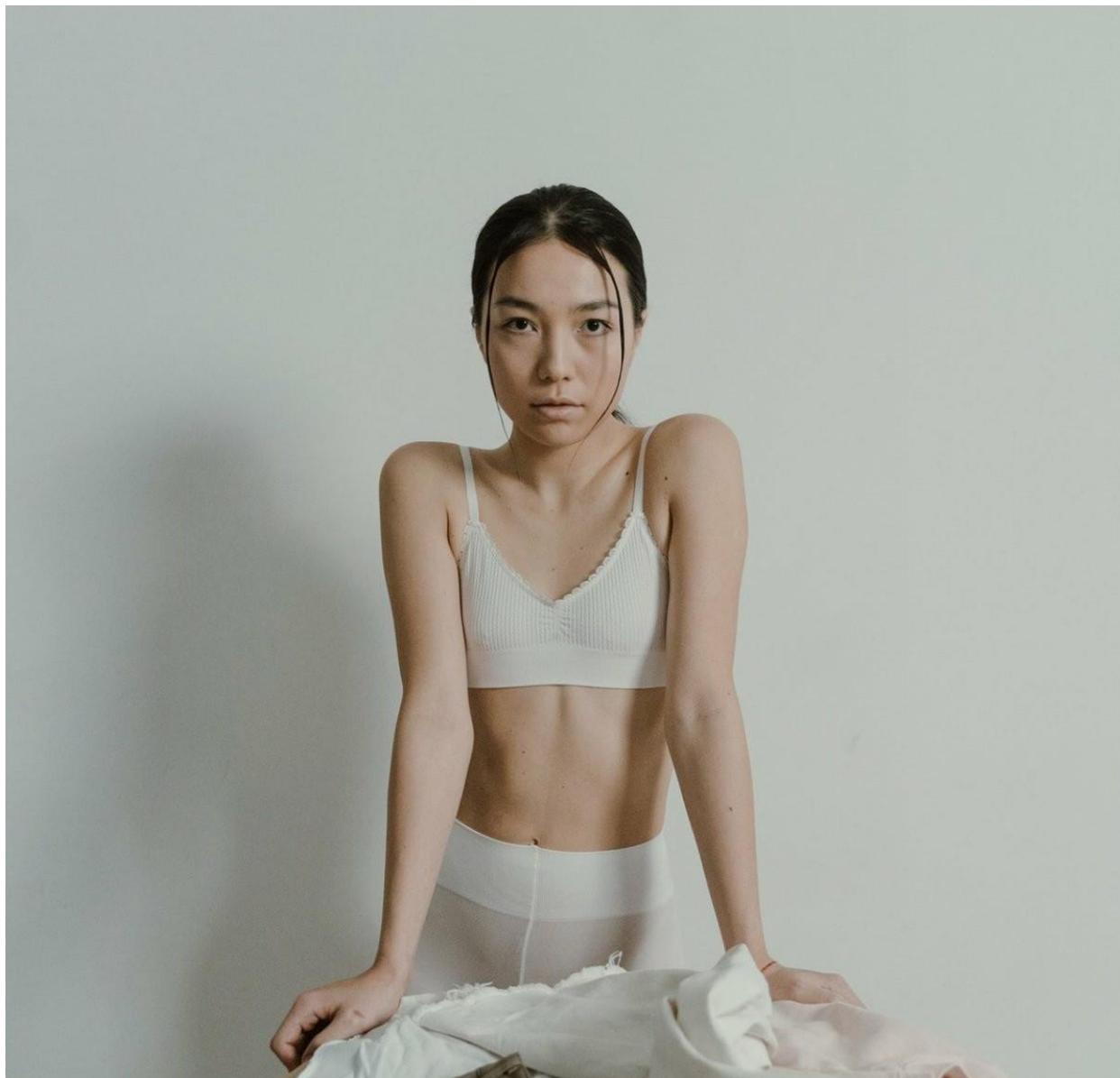
Petticoat discipline is often known as pantyhose or tights punishment as well, since no other garment is so good at making a boy feel girly. I have read accounts of mothers in the olden days who made their sons wear petticoats as pants. These days, your son should be happy to wear pantyhose every day, because they'll give him an extra layer of protection to keep boys from seeing the color of his panties. Your son is going to learn that girls need to remember to be ladylike while doing just about every normal, daily behavior, whether it's walking up the stairs or keeping his knees together while sitting in a chair.

Part of the joy of being a girl is not only being elegant, but also being playful and silly. Boys will see your son's pantyhose as a mark of shame, since they're afraid of being feminize themselves. But, in reality, pantyhose add a little color and style to any outfit. At first, your son will think that he doesn't want to live as a girl because that's not who he really is. My job was to show him that being a girl isn't actually all that bad. Most female clothes are only uncomfortable if you resist them. It can be difficult to put on tights if you don't know how to do it. But the whole reason that ballet dancers wear tights and a leotard is because it's the most comfortable thing to wear when dancing. A ballet outfit is like your second skin. One reason women like to wear pantyhose is because it reminds us of when we did ballet as little girls. At heart, we always wish we were in our little tutus, prancing around on stage, wiggling our hips and shimmying our backsides! And yes, we know that boys are curious how this feels for us. Maybe that's why they're so curious about girl's clothes, too?

A LOT OF GIRLS HAVE A FLAT CHEST.



**B**UT YOU STILL HAVE TO WEAR A BRA.



A MAN WILL STILL MAKE YOU INTO HIS HOUSEWIFE ONE DAY, NO MATTER THE SIZE OF YOUR CHEST, SO DON'T WORRY.



## CHAPTER 5. YOUR BRA STRAPS ARE SHOWING

I always felt that a woman grows up when she starts to wear a bra. I know, your mom probably had the talk with you when you had your first period. That's when you officially become a woman and when you have to start to pay attention to adult responsibilities. But most of the world has no idea when you start to menstruate. Your bra, however, and especially what's in it, is poking out for the whole world to see. I want to say that I don't actually have a very big chest, and neither did my mom, but she still made me start to wear a training bra even before I had my first period. I told my son not to complain that he was completely flat, because most women have a lot of trouble finding a bra that actually fits well. He was lucky, in this respect. I told him we'd keep it our little secret that he put tissues or rolled up pairs of pantyhose in his bra to fill it out.

I'm not completely flat, but my chest has always been a source of anxiety for me. I have stuffed my bra on many occasions. I also learned that one of the biggest mistakes crossdressing men make is to overstuff their bras. I always wanted my son to look naturally like a girl, not necessarily to attract everyone's attention. Often, he could wear a training bra with no stuffing, and as long as the bra straps peaked out from his collar, it was clear to see he was wearing it, which was really all I wanted. I told him that if he ever forgot to put on a bra in the morning, I would walk into his classroom at school and hold it up for the class to see, saying, "Honey! You forgot to put your bra on this morning! You silly goose!"

There's no reason to be ashamed about having a small chest. In fact, if I had a daughter with a big chest, I would encourage her to dress modestly. One tip I learned from adult male crossdressers is that you should downplay your chest by drawing attention to your legs. This is just another reason to wear bold tights or pantyhose, paired with a frilly blouse or chunky sweater. Also, as a woman with a flat chest myself, I can tell you that boys will still pay attention to you and your bra. Boys are curious about everything feminine, and as long as you're wearing a bra, you'll appear just as girly as anyone else.

YOU: SO NERVOUS ABOUT WEARING A SPORTS BRA AS A TOP AT THE GYM ...



**STRANGER: HONEY, I LOVE YOUR TOP, IT'S SO CUTE!**



YOU: WOW, THANKS, NOW I FEEL LIKE I CAN DO ANYTHING!



## CHAPTER 6. BOY TROUBLES

The whole reason I started my son down the path of becoming a woman was because he was having trouble with boys. At first, he didn't understand the correct role of a boy. He was acting rude and arrogant like a little monster because he thought that being a boy gave him this right. When I put him in a dress, he learned what it felt like to be on the receiving end of bullying. In the end, I wanted him to understand how it felt to be a girl. In this way, he would be able to interact with both boys and girls better.

So, does my son have a boyfriend? The answer is that he has a lot of friends who are boys, although obviously he's still too young to have a boyfriend. I actually regret that I started my son's feminization a little later than most moms do, so I had to deal with this question sooner than I expected. I will be honest and tell you that a lot of boys asked him to go on outings with them, especially the boys who used to bully him. My son used to be one of the biggest bullies himself. All of the boys thought it was a mark of status if they could take my son out on the weekend. The boy who used to be so proud and confident was now a shy and polite girl, or at least he acted like it. I know that the boys were playing a game and, in a subtle way, they were still making fun of him. But on another level, they were genuinely curious about him. I was always there on these outings as a chaperone, so I could hear exactly what they talked about.

They asked if it was comfortable for him to wear leotards and tights, if he felt different now that he was a girl, and whether he was going to continue to be a girl when he grew up.

I never wanted my son to pass entirely as a girl. Everyone in his life knew that he was biologically boy. What I wanted them to know was that he was obedient, kind, and resilient in the face of hardship. He was the kind of person who wouldn't let bullies bother him. He wouldn't fight back in the traditional sense, either, but he would show bullies that he didn't mind being called a girl. Most of all, I wanted my son to learn the power of women, and I'm glad that he took this lesson to heart. Whenever boys asked my son if he was going to stay a girl, he couldn't help but laugh. First of all, he said he couldn't change who he was—and he was basically living like a girl anyway. Secondly, he thought it was a silly question. Who wouldn't want to be a girl? It's so awesome!

LOTS OF GIRLS HAVE A FLAT CHEST.



**BUT IF YOU ACT LIKE A GIRL, THEY'LL ACCEPT YOU AS ONE OF THEM.**



YAY! GIRL POWER!



## CHAPTER 7. MOM'S LIFE

At the end of my story, I need to reveal something I haven't told you yet. This information might make it obvious why I was able to feminize my son so easily, and I wanted to save this until the end because I wanted to focus on my son's transformation. Then again, I have read about a lot of families that perform petticoat discipline, and they often share a lot of similarities. The last thing I want to say is that my husband is also somewhat feminized. So, of course it was easy for my son to live as a girl, because he already had an example of a crossdresser in our own house.

In my husband's case, it also wasn't his choice. After we had been together for a few years, I needed to open our marriage and I casually dated other men. My husband wasn't allowed to do this, so it was technically a one-sided open marriage. Of course, my husband found this humiliating at first, but in the end, he came to accept it. One of the ways in which I disciplined my husband was to make him dress like a woman at home. Occasionally, I have taken him outside as a woman, too, although he has not come out of the closet as a crossdresser. A lot of my friends have seen him as a girl, but he still lives a mostly normal life as a man. He is mostly okay with these arrangements now, since we've been doing it for so long, and I think he always expected that I would discipline our son with petticoat punishment, too.

Your son should see his mother in a position of power and authority. I have a lot of boyfriends and they often came to my house. My son knew when I was going out on dates and when I was getting dressed up nice for a new guy I had just met. He saw all the attention I got from new men and how I could casually dismiss any complaints my husband may have had. So, it shouldn't be a surprise that my son eventually wanted to be a girl, because in our house, a woman was the most important person. I always got what I wanted. I always had friends visiting me, bringing me flowers and boxes of chocolates, taking me out to dinner. I'm also not surprised that my son seems to like the same kind of guys that I do.

Having a boyfriend is an important part of womanhood. Yes, your son will be too young at first, as all girls are. But he should know what is in his future. My son used to think that other boys were his rivals, that he had to compete with them. But as a girl, he learned that it's not that bad to surrender before the fight even begins. I taught him that mom's rules cannot be resisted.

Whenever any boys made fun of him for being a girl, he entirely agreed with them and welcomed their mockery. So, by being weak, he showed a great deal of strength. Eventually, the boys realized that this kind of person would actually be a great friend and perhaps the kind of person who would make a great life-partner.

WHY AM I SO HAPPY?



I GET TO SPEND THE DAY IN MY NEW SWIMSUIT WITH AN AMAZING GUY ...



COULD LIFE GET ANY MORE PERFECT?



## CHAPTER 8. SHOULD YOUR SON TRY BEING A GIRL? (YES!)

I can't promise your son will also decide to stay as a girl, but I think every son should spend a day in a dress, tights, and full make-up. At the very least, he should know how it feels to dress like this. It's not easy! If he has to try it himself, he'll have more empathy for girls and women around him. If your son happens to be a bully, you might want to make his punishment more prolonged.

Petticoat discipline wasn't only a benefit to my son though. The whole community around him watched as he changed from an arrogant young man to a delightful little lady. Maybe not all of the boys at his school needed to be petticoated, but they gained a new sense of respect for girls. If my son would go through so much difficulty to obey his mom and to appear feminine, there must be something really special about this kind of clothing. I still believe that a ballet outfit is a little magical, since it can transform little boys into girls. And instead of teasing and making fun of his classmates, my son learned to be kind and caring to his peers. He tutors kids in his class who are struggling. If someone forgets their lunch, he shares his. He has a genuine sense of compassion now, which he shares with all women.

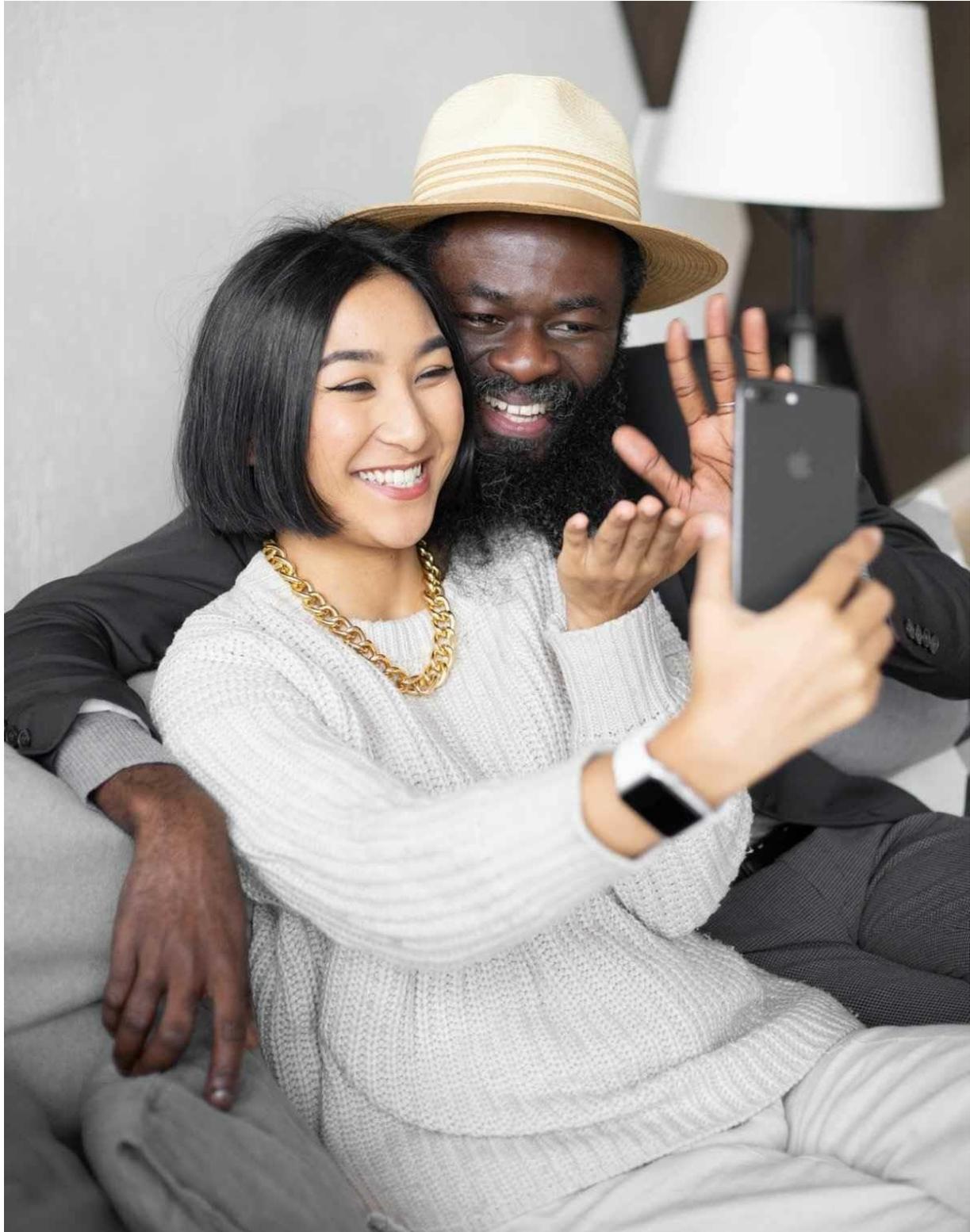
Although I keep a journal of my own and I write letters to a lot of friends online, I don't often write for a larger audience. Some of my more experienced writer friends told me that I should end my account with a happy story about marriage and weddings. I don't regret marrying my husband, although our marriage has hardly been perfect. In some respects, though, my marriage is ideal for me, since my husband has learned to accept my other boyfriends. Also, I love my son and I have no regrets about having him. I know a lot of people say that their wedding day was the happiest day of their lives, although honestly mine wasn't. I think that the happiest day of my life will be my son's wedding.

I love meeting new guys because I kind of feel like I'm reliving the excitement of my honeymoon. I have talked to my son about his future and he tells me that, like every little girl, he wants to be a blushing bride in a wedding dress one day. Of course, I'm very glad that he wants to become a wife, and this is what I have been training him for all along. I have promised him that, when he's old enough, I will help set him up with the kind of man who will take over from me and continue to make him feel like a girl every day.

DOES YOUR SON HAVE A CRUSH YET?



I ALWAYS LET MY SON SEE ME ON DATES WITH MEN OTHER THAN MY HUSBAND.



IT'S IMPORTANT TO LET YOUR SON KNOW WHAT LIFE AS A WOMAN IS REALLY LIKE.



THERE'S NO REASON TO BE NERVOUS ABOUT WEARING A BATHING SUIT AS  
A TOP.



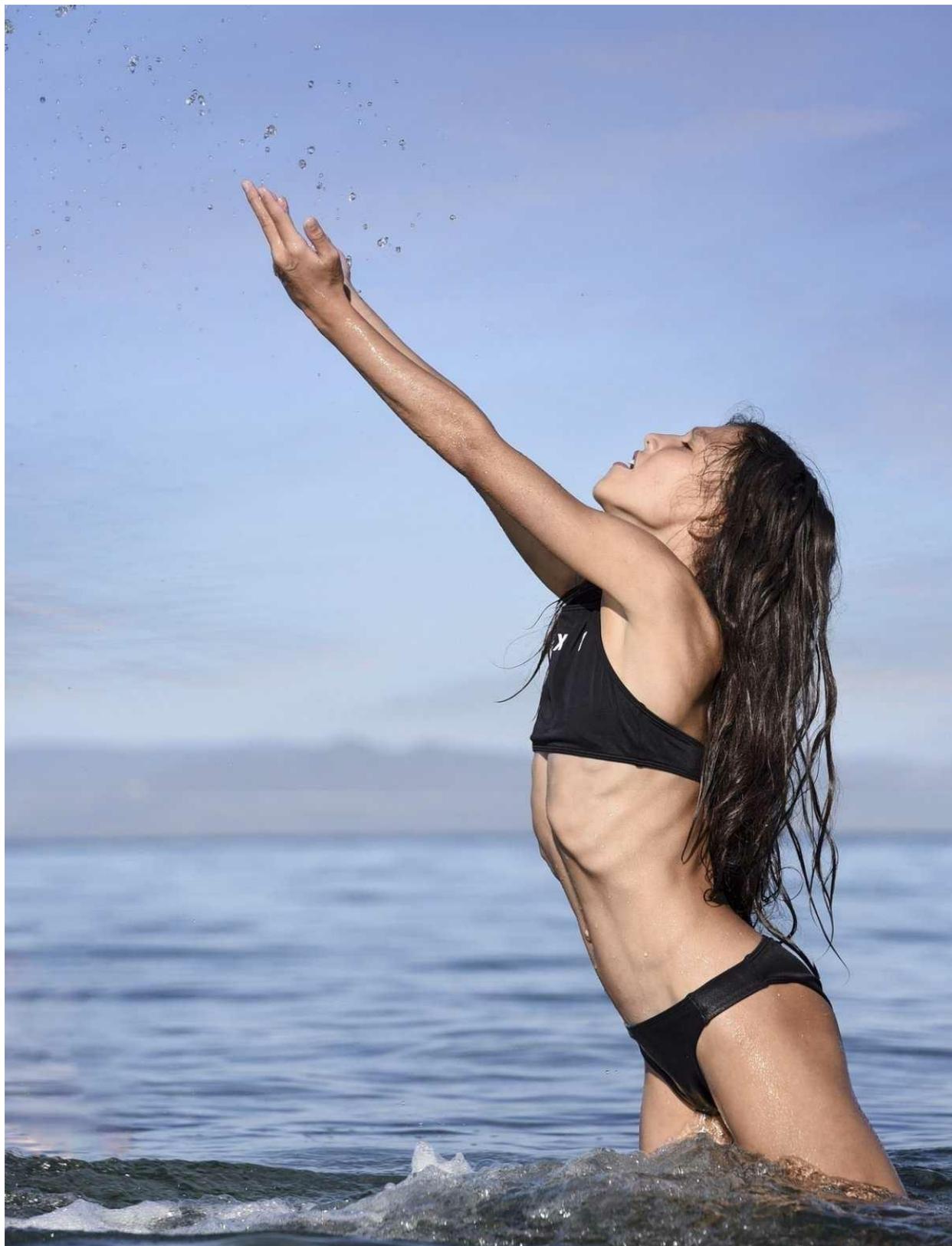
GIRLS DO THIS ALL THE TIME!



ALSO, YOU'LL BE WEARING BIKINIS SOON, TOO!



AND YOU LOOK GREAT, GIRL!



AND ONE DAY, MAYBE YOU'LL BE IN A WEDDING GOWN OF YOUR OWN.



THANKS FOR READING AND GOOD LUCK WITH YOUR NEW LIFE AS A GIRL!

