

A teenage girl, Tiffany, walks to her new babysitting job after school. She takes out a bottle of diet pills from her bag. When she opens the lid, nothing comes out. She opens her wallet. It is also empty.

After she meets Amy, the seven-year-old girl she is babysitting, they decide to play dress up and look for costumes. Amy has a collection of Disney princess dresses that Tiffany helps her to try on. While Tiffany zips up her Cinderella dress, she notices faded bruises on Amy's back.

Amy asks Tiffany if she looks fat. Tiffany responds, "No, you look beautiful."

Now it is Tiffany's turn to dress up. Amy picks out a beautiful, long-sleeve red dress from her mother's closet. Tiffany hesitantly goes to the bathroom and changes. When she takes off her clothes, she has similar bruises on her body, as well as scars on her arms and legs. She squeezes the fat on her stomach and her thighs with frustration.

She sinks to the floor. In the corner of her eye, she sees crushed beer cans in the trash. When she opens the cabinet under the sink, she finds more bottles of booze.

After some time, Tiffany puts on the dress; she looks great in it. However, Tiffany feels very uncomfortable and tries to shrink as much as possible. She sighs and leaves the bathroom.

Tiffany role plays with Amy. Amy is Cinderella, and Tiffany is the mother she never had. They laugh as they prepare dinner. Amy asks Tiffany about secrets. Tiffany says, "I still sleep with a pacifier and my teddy from childhood, or else I wet the bed." Amy says, "I only have one. But, Daddy told me never to tell anyone." Tiffany looks very disturbed.

Afterwards, they sit down to eat. Tiffany eats her food reluctantly. Halfway through her meal, she excuses herself to go to the bathroom. She takes off her dress, looks at the reflection of her slightly-protruding tummy in the mirror, and throws up into the toilet. Once she is done, she sits on the floor and starts crying. She has flashbacks of the physical, emotional, and sexual abuse she underwent as a child that is just like Amy's.

Tiffany returns to the dinner table, trying her best to look composed. Amy asks her what's wrong. Tiffany looks into her eyes and says, "I'm so sorry, sweetie. No one should ever touch you without your permission." Amy's eyes start to well up with tears but she stuffs them down and finishes eating.

Amy's parents return at 10PM. Tiffany meets Amy's dad, Nigel, a charismatic man who greets them warmly. He approaches Amy and tells her that he missed her while he was away. He asks her if she wants a bedtime story. Tiffany nervously requests that she would like to tell the story instead. Nigel hesitantly agrees.

When she is finished, Tiffany runs home, sobbing. When she arrives, she hurries to the bathroom and frantically cuts herself. After some time, an image of Amy comes into her mind. She sees another image of herself at Amy's age. She looks at her reflection in the mirror and she looks deeply into her own eyes. She smiles and takes a breath.

She takes out a childhood photo of herself. She tenderly touches the contour of her younger self with her finger. She sits on her bed, grabs her teddy bear, and cries as she whispers to herself, "I'm so sorry, I'm so sorry, it wasn't your fault. You're actually so beautiful. I love you."