

LEARNING FROM MUM

★ Little Apprentice ★

★ BOOK ONE ★



Batyah Ha Melek

Learning From Mum

Little Apprentice • Book One

Written by Batyah Ha Melek and Jays the Ace

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The cooking, food preparation and animal-care activities in this book require age-appropriate adult supervision. Families remain responsible for food safety, allergies, safe equipment use and the welfare of their animals.

A Note to Mum

Some of life's most lasting lessons are learned in ordinary moments: beside a kitchen bench, carrying an egg basket, folding washing, welcoming a visitor, or stirring something slowly on the stove.

Learning From Mum is about passing those moments on.

The stories in this book are not about becoming a perfect girl or running a perfect home. They are about becoming capable, thoughtful, resourceful, respectful and loving. Mum makes mistakes too. Sometimes dinner goes wrong. Sometimes money is tight. Sometimes everybody is tired. The little apprentice learns that wisdom grows through practice, patience, laughter and love.

Traditional food practices in these stories are presented as practical family traditions, not medical treatment. Food safety and age-appropriate adult supervision always come first.

Meet the Family

Mum is warm, practical and resourceful. She believes children can learn far more than adults sometimes expect when someone patiently shows them how.

Lily is her curious little apprentice. She loves beautiful things, asks many questions and occasionally discovers that doing something properly takes longer than watching Mum do it.

Her younger brother Sam appears whenever there is food, mud or an opportunity to give unrequested advice.

And then there is Poppy the chicken, who is completely convinced that every part of the house belongs to her.

How to enjoy this book

Read the pictures across each row, then enjoy the story together. Each chapter has a longer adventure, a little lesson and something to try. Return to the pictures afterwards: what did you notice the second time?

LOOK

Begin with the comic page. Follow the pictures from left to right and let your child tell you what they think is happening.

READ

Read the adventure aloud or take turns. Pause for the funny moments, questions and small details that make the family feel real.

TALK

Use the two chapter questions as a beginning. There is no need to turn the story into a test; listen for what your child noticed and understood.

TRY

Choose one Little Apprentice skill to practise together. Keep heat, knives, food storage, fermentation and animal care under age-appropriate adult supervision.

REFLECT

Let your child record one thing they tried, noticed or would do differently. Tick the passport when the chapter skill has been practised—not merely read about.

Capability grows through warm guidance, real responsibility and another chance to try.

Little Apprentice Passport

My name is: _____

As I finish each chapter, I can tick the skill I practised.

- ☐ Prepare a simple soaked breakfast
- ☐ Care for a sourdough starter
- ☐ Learn a family kitchen tradition
- ☐ Plan from the pantry
- ☐ Shop with a budget
- ☐ Use leftovers wisely
- ☐ Close the kitchen well
- ☐ Reset my bedroom
- ☐ Welcome a visitor
- ☐ Practise sincere manners
- ☐ Set and clear a table
- ☐ Use gracious words
- ☐ Show respect with healthy boundaries
- ☐ Care for chickens
- ☐ Handle eggs carefully

Capable hands. A wise mind. A gracious heart.

Book One — Contents

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CHAPTER 1

Mum and the Oats That Had to Go to Bed



Follow the pictures

A curious bowl, an explanation, Sam's blanket, a cover, a place in the fridge, morning cooking, fruit, a first taste and a happy breakfast.

Lily found a bowl on the kitchen bench just before bedtime.

It was full of oats and water.

"Mum," she whispered, "I think breakfast has drowned."

Mum laughed. "It's soaking."

"Why?"

"Because sometimes we prepare tomorrow's food tonight."

Mum explained that families have soaked grains in different ways for generations. Soaking changes texture and can make some grains quicker or easier to cook. It was one of many old kitchen habits worth understanding without pretending every old habit was magic.

Lily covered the bowl.

"Goodnight, oats."

Sam appeared in the doorway. "Do they need a blanket?"

"No."

"A bedtime story?"

"No."

In the morning the oats were soft. Mum showed Lily how to cook them gently, then they added fruit and a little cinnamon.

Lily tasted the first spoonful.

"They woke up delicious."

Mum smiled. "Good food often begins before we are hungry. Planning is part of cooking."

The Breakfast Committee

The next evening, Lily arrived in the kitchen carrying a notebook, a pencil and a very serious expression.

"I have decided to be in charge of tomorrow."

"All of it?" Mum asked.

"Breakfast."

"That sounds more manageable."

Sam dragged over a chair. "I am on the breakfast committee."

"What do you do?" Lily asked.

"Check whether it tastes nice."

"You haven't even washed your hands."

"I am preparing mentally."

Mum pointed towards the sink. "Prepare those fingers as well."

Lily wrote OATS at the top of her page. Underneath she drew a bowl. Sam added a pillow beside it.

"No pillows in the food," Lily told him.

"It's a picture pillow."

"Still no."

The Bowl Problem

Lily reached for the biggest bowl in the cupboard. It was the one Mum used when several people were coming for lunch.

"How many people are having breakfast?" Mum asked.

"Us."

"And how many bowls of oats does Sam usually eat?"

Sam considered whether this was an invitation.

Mum held up one finger. "One ordinary breakfast. We are planning food, not opening a porridge factory."

They chose a smaller bowl and checked Mum's usual recipe together. Lily measured. Sam counted spoonfuls aloud, then lost count when Poppy tapped at the back door.

"Was that four or a chicken?" he asked.

They started that part again. Mum did not sigh or take the bowl away. She simply moved the measuring cup closer so Lily could see what she was doing.

"Careful work sometimes includes checking twice."

Lily stirred while Mum held the bowl steady. A little water splashed onto the bench.

"I've made a mess."

"A small one," Mum said. "What do we do with a small mess?"

"Call it a pond?" Sam suggested.

"Wipe it up," Lily said.

She fetched a cloth. The breakfast committee carried on.

A Safe Place to Sleep

When the bowl was covered, Mum made space in the fridge.

"I thought it slept on the bench," Lily said.

"We follow the recipe and keep this prepared breakfast chilled overnight," Mum explained. "Old kitchen habits still need sensible care."

Sam peered into the fridge. "It's going to be cold in bed."

"The oats will manage," Mum said.

Lily placed the bowl carefully on the shelf. Beside it she put the fruit they had chosen for morning. She left the saucepan ready on the cold stove, with Mum checking that everything was switched off.

For the first time, tomorrow felt like something she could help with today.

Morning Without a Panic

In the morning Sam appeared before Lily had finished putting on her slippers.

"Is tomorrow ready?"

“Nearly.”

Mum handled the hot saucepan while Lily fetched bowls and spoons. Lily did not have to search for ingredients. She knew where they were. She did not have to decide what to make. They had already decided.

One small job from last night had made several jobs easier this morning.

Sam took his first bite, nodded thoughtfully and announced, “The committee approves.”

Lily laughed. Then she drew a small star in her notebook.

“What is the star for?” Mum asked.

“Remembering.”

“Remembering what?”

“That taking care of tomorrow can be a little job.”

Behind them, Poppy tapped the door again.

Sam looked up. “She wants to join the committee.”

Mum shook her head. “We already have enough opinions about breakfast.”

Mum’s Wisdom

Preparation is part of caring.

Mum’s Wisdom Badge — Little Apprentice

- ☐ Prepare tomorrow’s breakfast tonight
- ☐ Learn why families soak some grains
- ☐ Keep hands, bowls and benches clean
- ☐ Help cook and serve breakfast

Little Apprentice Challenge

Choose one skill from this chapter and practise it beside Mum or another trusted adult this week. When you can do it carefully, explain the skill to someone else. Teaching is one of the best ways to discover what you really understand.

Talk together

- What helped Lily make the next morning easier?
- What could you prepare tonight?

My little reflection

Something I tried, noticed or would do differently:

CONTINUE THE LITTLE APPRENTICE JOURNEY

Learning From Mum

Little Apprentice • Book One

The complete illustrated book includes 15 longer family adventures, 135 comic-style picture panels, practical skill badges, discussion questions, reflection spaces, printable activities and a certificate.

Planned launch price • NZ\$19

PURCHASE OPENING SOON

Written by Batyah Ha Melek and Jays the Ace
Wisdom Tree Academy • fatheroflightswisdom.com