



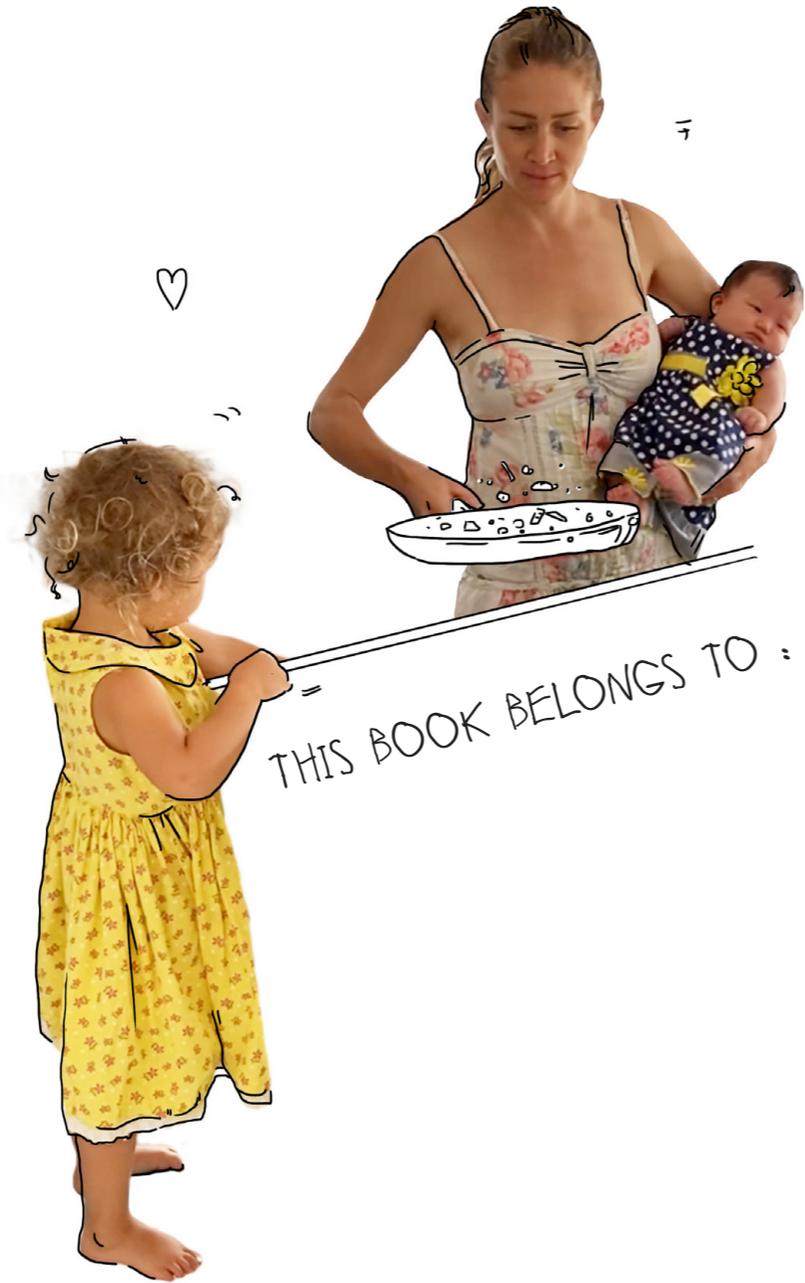
Jentah's
A  VENTURES

AFTER
A
FUN
DAY

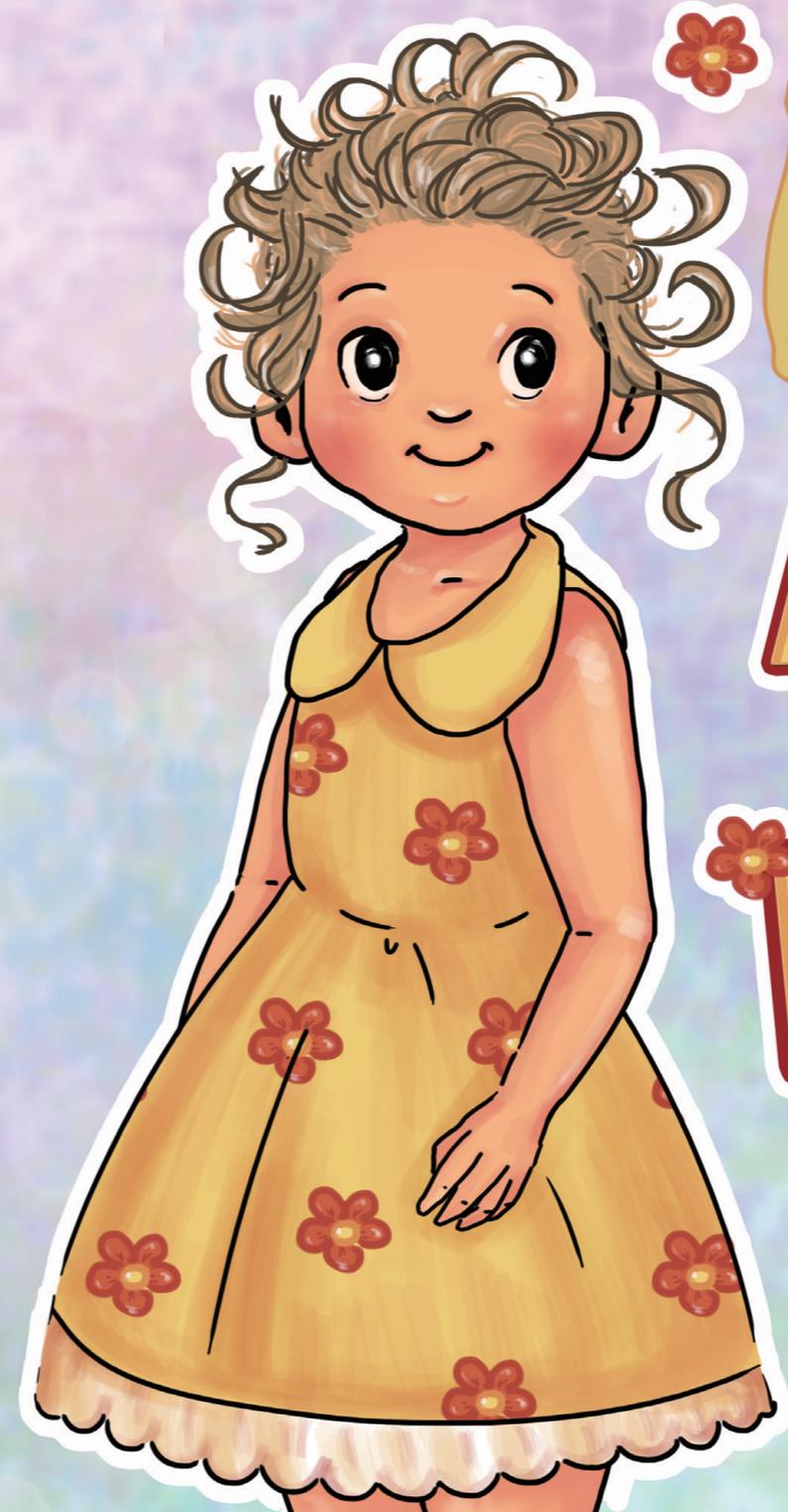
Written by Jennen Ngiau-Keng

Illustrated by Majua Carvajal & Jamie Lo





THIS BOOK BELONGS TO :



Jentah's
AVENTURES

AFTER
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It's been a long day for Jentah,
full of excitement, adventure and fun.

Now it's quiet time.

Jentah gazes out the window.

She loves watching the beautiful sunset.





'Jentah, dinner's ready!' calls Mummy.

Jentah hurries downstairs to help set the table.





'Which cutlery Mummy?'

'Knives and forks. Thank you, darling.'

Mummy is a great multi-tasker.

She can cook with one hand while carrying Netty.

Netty is Jentah's baby sister.

She's ten weeks old.





Jentah begins setting the table.

'One set for Mummy, one set for Daddy and one set for me,' says Jentah as she places the cutlery neatly on the table.





'Thank you, sweetheart.
You're such a good girl,' says Daddy.

'What's for dinner, Mummy?'

'Zucchini, carrots, mushrooms, asparagus, sweet
potato and some chicken,' says Mummy.

'Yummy!' replies Jentah.





At dinner time, Mummy, Daddy and Jentah ask each other about their day.

They listen carefully to one another and joke about the funny things that happened.

Sometimes Mummy and Daddy have to remind Jentah not to talk with food in her mouth.





Jentah finishes all her dinner.

She places her plate next to the sink.

'Thanks for dinner, Mummy.'

'Yes, thank you, love.
That was deeee-licious!' agrees Daddy.





Daddy squats down beside Jentah.

'Sweetheart, while I clean up, I want you to get ready for bed. If you're a good girl, I'll read you two books before sleep.'

'Ok, Daddy,' agrees Jentah.





Jentah loves reading time with Daddy.
She runs upstairs to get ready for bed.





She goes to the toilet, flushes and lowers the lid.

She takes off her clothes, turns on the shower, waits for the water to get warm and then hops in.

Jentah loves singing in the shower.





After her shower, Jentah turns off the water.
She dries herself and puts on her pyjamas.



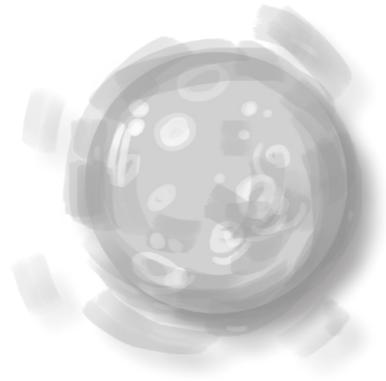


Jentah climbs up onto her stool to reach the sink.

She knows how important it is to save water, so she keeps the tap off while she brushes her teeth.

After she finishes, she rinses her mouth three times.





Now that she's ready for bed, Jentah waits patiently for Daddy and gazes out her bedroom window.

She stares at the beautiful, bright moon and sings a song Mummy taught her:

*'I see the moon and the moon sees me,
The moon sees somebody I want to see.
Jah bless the moon and Jah bless me,
Jah bless the somebody I want to see.'*





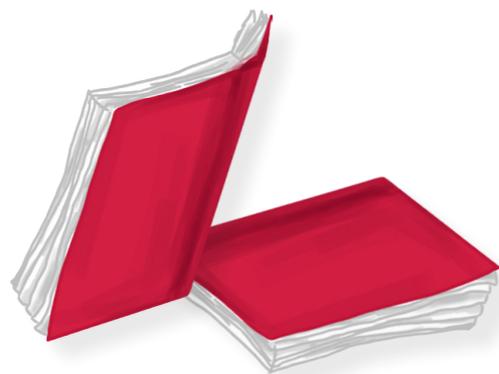
Daddy finishes cleaning up and heads upstairs to Jentah's bedroom.

'That was lovely singing, Jentah.'

Now that you're ready for bed, you can choose two books to read.'

'Yay! Thanks Daddy,' replies Jentah excitedly.





Daddy reads to Jentah using different voices.

Some of Daddy's voices sound silly
and make Jentah laugh.

He encourages her to find and count things in the
pictures, and to spell and read some words.

This engages Jentah and makes reading
even more enjoyable.





After reading, Daddy kisses Jentah goodnight
and gives her a big cuddle.

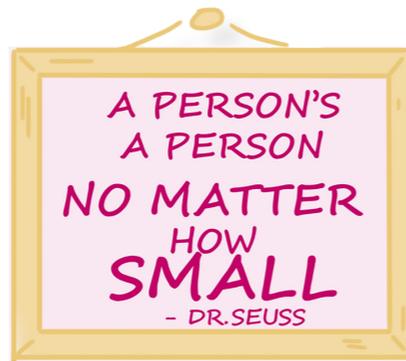
'Daddy ... I want Mummy,' says Jentah quietly.

'Okay, sweetheart, I'll get Mummy.

See you tomorrow for another fun day.
I love you so much.'

'I love you too, Daddy.'





Mummy comes into Jentah's room carrying Netty.

'Goodnight, darling. Sweet dreams. I love you,' says Mummy.

Jentah sits up and gives Mummy a big cuddle and a kiss.

'I love you too, Mummy.'





'Mummy, can I hold Netty?'

'Of course, darling.'

Jentah gives her baby sister soft kisses
and a gentle cuddle.





Mummy and Netty leave Jentah's room.

Jentah closes her eyes,
rolls over to her side and cuddles her toy doggy.

She quietly talks to herself
and thinks about all the fun she had that day.

In a short while, Jentah is fast asleep.



MEDITATION FOR PARENTS & GUARDIANS

When it's dark and quiet, sit in a comfortable chair and ask someone you trust to read this in a soft, calm and slow voice. Alternatively, use the free audio recording at www.jentahsadventures.com.

This meditation begins with three deep breaths.

Close your eyes and take three of your slowest, deepest breaths.

Reader should also take three deep, slow, audible breaths. Once finished, pause for 10 seconds.

Imagine yourself as the old person you'll be one day, sitting in your chair with your eyes closed.

10-second pause.

Your body is weak.

3-second pause.

You barely have enough energy to lift your arms or move your legs.

10-second pause.

Those whom you loved, and shared your life with, are gone.

10-second pause.

All you have now are your memories.

10-second pause.

You remember your life as a young parent, watching your child learn, laugh and grow.

10-second pause.

These memories bring you so much joy that you relive them with more presence and gratitude than you did back then.

10-second pause.

You appreciate, more than ever, how lucky you are to have lived your life.

10-second pause.

You are breathing your final breaths.

20-second pause.

Life is a wonderful, but precious gift.

20-second pause.

Take your time. Open your eyes when you're ready.

JENNEN™

JENNEN Books
an imprint of JENNEN Pty Ltd (ABN 33 055 921 509)
www.jennen.com.au

First published in 2020.
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A catalogue record for this book is available from the National Library of Australia

ISBN: 978 0 6488891 0 6 (pbk)

Printing and quality control in China by Tingleman Pty Ltd.



In loving memory of Richard Gill



AFTER A FUN DAY

www.jentahsadventures.com

Join Jentah as she and her family wind down after a fun day.

'The greatest gift

we can give our children

is our

PRESENCE'

- Michael Goldschlager

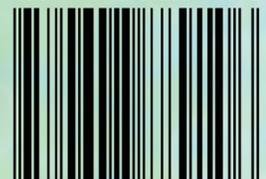
Educator



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ISBN 978-0-6488891-0-6



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