

# Launch Your Kids' Self Esteem



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## Have \$5 and 5 minutes?

Inspire the artist within. Invest in family time.

**EVERYONE IS CREATIVE** - It's a fundamental part of human nature.

Too many families don't spend quality time together. Arts and Crafts can magically engage the entire family.

The pride on a child's face when they can say,  
"I made this for you" is only matched by the love and true gratitude in the eyes of the lucky recipient.

Sandy Sandler, creator of the worldwide Bowdabra® Brand, used to consider herself "creatively challenged". Now she confidently employs her tricks and tips while sharing the joy of crafting with television audiences and on her weekly Facebook Live show.

[www.bowdabra.com](http://www.bowdabra.com) ♦ [www.bowdabrablog.com](http://www.bowdabrablog.com) ♦ [www.crafters4kids.com](http://www.crafters4kids.com)

## Story Ideas

### Frugal and Green Crafts for "Craft-phobic" Parents

You don't have to be Martha Stewart to make memories while you craft with your kids.

### Turn Your Kid's Art Into Gift Wrap

This is the answer to the age-old question:  
What do I do with all these toddler paintings?

### Give Santa A Run For His Money

These adorable ways to wrap odd shaped packages even inspire Santa's little helpers.

## Examples of some of Sandy's Media exposure



## Story Ideas

### 9 Ways To Go Green This Holiday Season (And we aren't talking pine needles)

Try borrowing a tree from Mother Earth, hosting a decoration swap party at the start of the season, or other big ideas that are environmentally friendly and encourage creativity and community.

### The Perfect Quinceanera

Once she's found the perfect gown, crafting a matching headpiece, corsage and more is a breeze!

### Be The Bridesmaid Of Her Dreams

If the bride in your life is set on doing it herself, introducing her to this one tool for tackling centerpieces, chair bows, headpieces, boutonnieres and more will make her worries melt away.

### Top 5 Ways You Didn't Know Family Craft Night Could Benefit Everyone

Did you know a simple craft could help bolster your child's self-esteem, and is a fun way to practice patience and problem solving?

### What Do Landscapers, Strip Clubs, and Holiday Wreaths Have In Common?

A mainstay of holiday decor: Glitter. Get the full story from Sandy herself.

### How to Stop Relying on Gift Bags and Tissue Paper

When you wrap it yourself, and make a gift truly beautiful to behold, they'll immediately see how much you care.

### Your Essential Family Crafting Toolkit

A solid supply of crafting tools is just one key to success for making the most of your creations.

### Gifts You Can Make (With Kids!) for Under \$10

'Tis the season for gifting--and with our unexpected ideas, this year you'll log quality time with your family *and stay underbudget*.

### Upcycle Last Year's Holiday Cards

Couldn't bring yourself to recycle all those portraits and year-end messages from loved ones last year?

### This Season's Best Kept Secret for Show-Stopping Gift Wrap

These days, with online shopping, Amazon lists, and virtual gift cards, gift giving isn't much of an art form--but that doesn't mean your presentation should suffer.