About 5Kids1Condo

My name is Adrian Crook. I am a single dad of five, living in downtown Vancouver, BC.

5Kids1Condo is about my family of six and how we are making intentional decisions about the way we are living and growing up in an urban environment. We shatter the common misconception that big families can’t thrive in a big city. 5Kids1Condo is a resource and inspiration for families that want to make the most of their space and time, and are looking for sustainable, healthy, and fun solutions.

Inspired by minimalism, eco-density, and sustainability, 5Kids1Condo covers topics like urbanism, family tech-solutions, and apartment-hacks. 5Kids1Condo promotes raising kids downtown as a unique opportunity to promote empathy and personal responsibility while role modeling an eco-friendly and sustainable lifestyle.

Some of the other topics I write about are:

- Square-Foot. Hours: Designing 24-Hour Spaces
- Car-Free and Carefree in Vancity
- Downsize your life, upsize your happiness
- How My Kids Learned To Cook Dinner
- 10 Purchases to Make Condo Kid Life Easy
- Compact Living Breeds Empathy in Kids

As Seen On

![CBC Radio One](image1.png)
![Newstalk 1010](image2.png)
![CBC News](image3.png)
![Vancouver Sun](image4.png)
![CKNW AM 980](image5.png)
![Straight](image6.png)
![Roundhouse Radio](image7.png)
![The Globe and Mail](image8.png)
![CBC News](image9.png)
![Global News](image10.png)
![Invisible City](image11.png)
Who Reads 5Kids1Condo

My audience is primarily young, progressive urbanites with an interest in solutions for work/life balance, parenting, and fashioning a “smart” lifestyle outside of the norm.

Social Stats

25,000 page views monthly
13,000 followers on Instagram
3,000 followers on Twitter

Who I Work With

I am always interested in talking to and working with organizations that are aligned with the values of 5Kids1Condo, including minimalism, urbanism, sustainability, and family and social connections.

For example:

- Sharing Economy Services
- Sustainability Awareness, Services, Products and Programs
- Guaranteed Life-Long Quality Products
- Housing Development Initiatives
- Eco-Density Programs
- Organizations that promote Culture, Diversity, and Equality