



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,
upsized 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



radio one



ROUNDHOUSE
RADIO 98.3
VANCOUVER



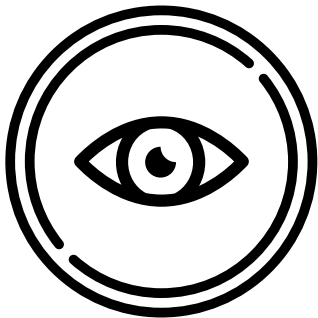
CBCnews



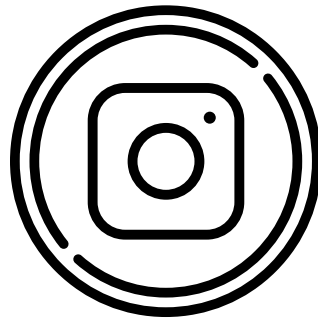
Who Reads 5Kids1Condo

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.

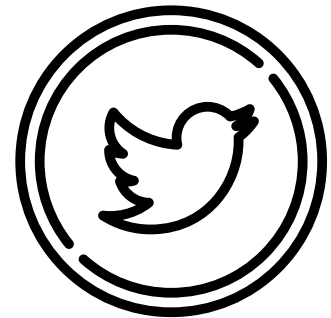
Social Stats



**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**