

The Family Time and Routine Index (FTRI)

The Family Time and Routines Index (FTRI) was developed by Hamilton McCubbin, Marilyn McCubbin, and Anne Thompson (1986) to assess the type of activities and routines families use and maintain and the value they place upon these practices. Family time together and routines they adopt and practice are relatively reliable indices of family integration and stability which include effective ways of meeting common problems and the ability to handle major crises.

Example Items:

- *Parent(s) have some time each day for just talking with the children
- *Family time each week when they do things together at home
- *Family has regular visits with relatives

*Available in: English, Xhosa, Afrikaans

