

Enhancing Healthy Human Development Through Purposeful Outdoor Experiences

Erikson's Stages of Psychosocial Development (columns 1-6) Wikipedia

Miller's Correlation of Purposeful Outdoor Experiences (column 7-8)

1 Approximate Age	2 Virtues	3 Psychosocial crisis ^[3]	4 Significant relationship	5 Existential question ^[4]	6 Examples ^[4]	7 Purposeful Outdoor Experiences	8 Father's Role
Infancy Under 2 years	Hope	Trust vs. Mistrust	Mother	Can I trust the world?	Feeding, abandonment	Gardens, Parks, Back Yard, Walks with child on shoulders/backpack, outside at night to reduce fears, encourage sensory awareness of nature. NO SCREEN TIME	Model Trust Firm yet gentle, feeling of warmth, unconditional love, lots of touch, comforting, spend time! Guard against mother's fears which can undermine trust.
Toddlerhood 2-4 years	Will	Autonomy vs. Shame/Doubt	Parents	Is it okay to be me?	Toilet training, loathing themselves	Indoor Campouts, digging in dirt, Outside at Night, joy of nature! VERY LIMITED SCREEN TIME NO VIDEO GAMES	Directed Independence Spiritual Leadership, wrestling, laughing, playing, calm power, comfort crying child, spend one on one time!
Early childhood 5-8 years ^[5]	Purpose	Initiative vs. Guilt	Family	Is it okay for me to do, move, and act?	Exploring, using tools or making art	Building Forts/Treehouses, Gardening, Pets, Hiking, Backyard Campouts, Fire and Tool Safety, Riding Bikes, Fishing, Nature Study, swimming LIMITED SCREEN TIME NO VIDEO GAMES "THE BLESSING" @ 7	Encourage Initiative Build confidence through building things, using non-powered hand tools, camping equipment, danger vs. safety, character traits emphasized as they are almost fully developed by age 7... spend one on one time!
Middle Childhood 9-12 years ^[6]	Competence	Industry vs. Inferiority	Neighbors, School	Can I make it in the world of people and things?	School, sports	Best Experienced in School or Teams Yard Work, House Cleaning, Baby Sitting, Paid Jobs, Scouting, Camping, Backpacking, Mt. Biking, Canoeing, Fishing, Summer Camp, Outdoor School, Object Lessons, water sports LIMITED SCREEN TIME VERY LIMITED VIDEO GAMES "THE BLESSING" @ 12	Empower Industry Spend increasing amounts of one on one time, encourage entrepreneurial ideas, building life skills, debriefing the day, initiate difficult conversations about sex, learn all you can about fatherhood, help them achieve their goals, do hard things with them, let them see you sweat, apologize as needed, don't provoke to anger! Affirm and bless them as they enter puberty.
Adolescence 13-19 years ^[7]	Fidelity	Identity vs. Role Confusion	Peers, Role Model	Who am I? Who can I be?	Social relationships	Best Experienced in Small Social Groups Road Trip, Mountain Climbing, Hunting, Survival, Driving Off Road, ATV, Sailing, Kayaking, Canoeing, Surfing, Trail Running, Sabbath, Meditation, Photography, Solitude, Cookouts, Extreme Races, Aviation MONITORED SCREEN TIME MONITORED VIDEO GAMES "RITE OF PASSAGE" @ 16	Strengthen Identity This is prime time for dads... one on one time especially! Model spiritual leadership in the home and personal devotional life... this is crucial! You can't fake this! Bring wisdom, calmness, and openness during the roller coaster teen years. Give freedom with boundaries. Affirm good qualities and carefully address weaknesses. Encourage other adult role models to be in your child's life, prepare them for their passage to adulthood