

# Women start turning into their mothers when they reach 33

According to new research



By Jessica Davis Mar 15, 2019



Women start turning into their mothers when they reach the age of 33, whereas men turn into their fathers at 34, according to new research.

Daughters are most likely to start adopting the same attitudes and tastes as their mums in the first few years after having their first child, according to the study conducted by a Harley Street surgeon. The average age of women giving birth in the UK is now 30.5. The average age of new fathers is 33.5 years.

More than half the women surveyed said that they stopped rebelling against their mothers in their early thirties and started mimicking them instead.

For men, if they start switching lights off in empty rooms, listening to Radio 2 rather than Radio 1, or adopting the same political views, then these are all signs of becoming more like their father.

Dr Julian De Silva surveyed 2,000 men and women. "We all turn into our parents at some point in our lives - and that is something to be celebrated," he said. "Becoming parents is the main trigger and lifestyle factors are also important."

In terms of physical appearance, participants found that they started to feel more like their parents when they started to *look* more like them.

"It is an inevitable part of ageing but a process lots of people want to put off for as long as possible," he explained. "It is one of the reasons why the average age of first-time cosmetic surgery is coming down for both sexes."

The average for women having their first cosmetic procedure is now 37, while for men it's 43.

"More people are trying to delay this onset of middle age to improve their appearance and levels of self-confidence," says De Silva.