

## Women Start Turning Into Their Mums Aged 33, Study Reveals



Emma Rosemurgey in **LIFE**

It's something that for most people is pretty much inevitable, but at what age do we actually start turning into our parents? Well, for us females it's apparently the grand old (young) age of 33 when we officially turn into our mothers - so that's something we've got to look forward to.

According to new research by a Harley Street surgeon, daughters are likely to start adopting the same tastes and attitudes as their mums in the first few years after having their first child, which would make perfect sense.



At this point in time, the average age of women giving birth in the UK is 30.05, while the average age of new fathers is 33.5 years.

The study revealed more than half the women surveyed admitted they'd stopped rebelling against their mums in their early thirties and started acting like them instead.

Warning signs that we could actually be turning into our mothers without realising include watching the same TV programmes, taking up the same hobbies and using the same sayings - although that would suggest a *lot* of us are already there.

For men on the other hand, signs they're turning into their dads include turning off light switches in empty rooms, listening to Radio 2 instead of Radio 1 (LOL) or adopting the same political views.



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

In addition, he explained participants found they felt more like their parents when they started to look 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."