

The age women start turning into their mothers



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Women start turning into their mothers at age 33 (Photo: Getty)

Women start turning into their mothers at the age of 33, a year earlier than men begin acting like their dads.

That's according to research conducted by a Harley Street surgeon, which suggests women morph into their mothers a few years after having their first child. Currently, the average age of becoming a mum in the UK is 30-years-old.

More than half of the 2,000 men and women polled admitted that they stopped rebelling against their mothers and started acting more like them in their early thirties. Therefore, we (supposedly) turn into our mothers at around 33 years old.

While motherhood is the thing that triggers personality changes in women the most, that's closely followed by physical signs of ageing.

Other parental behaviours we start to emulate at this point in our lives include enjoying the same TV shows and hobbies, and starting to use the same sayings.

Does "You won't feel the benefit if you put your coat on indoors!" sound familiar?



Men on the other hand become first-time fathers, on average, at 33.4 years old. Signs that they're turning into their dads include turning off light switches in empty rooms, swapping Radio 1 for Radio 2 and sharing the same political views.

Developing physical signs of middle age, such as a double chin and hairy ears, are also parental-turning triggers for men.

Dr Julian De Silva, from the Centre For Advanced Facial Cosmetic & Plastic Surgery, conducted the research.

"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," he explains.

Dr De Silva also believes that we start acting more like our parents when we start looking 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 said. It is one of the reasons why the average age of first-time cosmetic surgery is coming down for both sexes. For women, it is now 37 and for men it is 43. More people are trying to delay this onset of middle age to improve their appearance and levels of self-confidence."

The poll revealed that 52% of participants said they began behaving like their mothers between 30 and 35 years old, 26% believe it happened between 35 to 40 years old, with 10% claiming it didn't happen until 40 to 50.

If turning into our parents involves watching 'The Great British Bake Off' and taking up gardening, suddenly middle-age doesn't seem so bad.