

## Women start turning into their mothers at 33 - it's official!

Uh-oh. Tell your partner...and your family!

Women start turning into their mothers at the age of 33, says new research.

A survey, commissioned by Dr Julian De Silva, asked 2,000 people a series of questions to find out when we stop rebelling against our mothers and notice that we are more similar than ever before.

The poll found that women recognise they are becoming just like their mums when they watch the same TV shows as them, take up the same hobbies, and use the same expressions.

Describing the results Dr De Silva says, 'We all turn into our parents at some point in our lives - and that is something to be celebrated. They are the most wonderful people in the world.

'Becoming parents is the main trigger and lifestyle factors are also important.

'Both sexes said the physical signs of middle age were also a key factor.'

And men aren't left out of this - they start behaving like their fathers at aged 34, one year later!



Motherhood is the trigger in personality changes in women, followed by physical signs of ageing.

More than half of women polled admitted they stopped rebelling against their mothers once they hit their thirties and started behaving like them instead.

"We start to feel like our mums and dads when we start looking like them, too," said Dr De Silva.

'It is an inevitable part of ageing but a process lots of people want to put off for as long as possible.

'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.'

## Turning into your mum - the poll

A poll of 2,000 people revealed these age groups were the ones most likely to start behaving like their mothers

- 1) Age 30-35 - 52%
- 2) Age 35-40 - 26%
- 3) Age 40-50 - 10%
- 4) Age Over-50 - 7%
- 5) Age 20-30 - 5%

Source: Harley Street