



## Do Men Start To Turn Into Their Fathers As They Get Older?



And what about men? Do men turn into their fathers in the same way that women turn into their mothers?

My husband is certainly starting to show some tell-tale signs...like needing three square meals a day or he turns into some sort of grizzly bear coming out of hibernation.

According to a survey of 2,000 men and women conducted by specialist Dr. Julian De Silva, men don't start to morph into their fathers until they are 34.

According to his research that was confirmed to us by his publicist, of the men who were questioned:

- 32% said it was becoming a father that made them aware of the metamorphosis into their own dad
- 27% believed it was down to physical signs of aging like developing a double chin and
- 15% said they noticed it because they have to turn the lights off in an empty room.

Women's Health Interactive's own Chris Fernandez explains how he has noticed himself picking up his dad's habits. He, just like his dad, keeps old napkins:

*"I keep old napkins and use them multiple times like my dad used to do. It makes me think about him in a good way."*

According to Dr. Ehinger, it does happen to men, but men tend not to notice or not to mind in the same way that women do.

She explained to me: *"Men don't study their behavior in the way that women do. Women are very judgmental. But with men, there is not so much self-analysis. Men do morph into their fathers but they don't realize it or care!"*

Another explanation for why it is more apparent in women is the unique bond between mother and daughter, which often can represent itself in having very similar brains.

Dr. Coleman explained to me: *“Research shows that the mother-daughter connection is the strongest bond in the family dynamic. Stronger than mother to son, father to son and father to daughter. This is because of the way female brains process empathy.”*

It is, therefore, more likely for moms and daughters to understand one another, and influence and be influenced by one another, which makes the similarities between them more pronounced.

Bottom Line: Men do morph into their fathers but they don't care in the way that women care about morphing into their mothers. The biological connection between mother and daughter is the strongest in all of the family dynamics and therefore it is more likely for moms and daughters to emulate one another.