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YOU'VE SWITCHED TO RADIO 2, YOU MONITOR YOUR FUEL CONSUMPTION, YOU HAVE A FAVOURITE CHAIR AND YOU SUDDENLY FEEL THE COLD – SIGNS YOU'RE OFFICIALLY TURNING INTO YOUR PARENTS, ACCORDING TO RESEARCH FROM M&S CREDIT CARD

Nearly three quarters of Brits (72 per cent) admit they are turning into their parents - with the average age the switch happens emerging at 43.

According to the poll, women begin to exhibit their parents' behaviour slightly earlier than men - at age 42 on average, while men don't turn into their parents until age 45.

And if you're worried you might be turning into your mum or dad, according to the 2,000 Britons polled, signs of this happening include complaining about the weather (36 per cent), falling asleep on the sofa (33 per cent), and being tucked up in bed by 10pm (27 per cent).

Other definitive signs you're becoming your parents include talking about "young people" (24 per cent), no longer recognising the latest chart music (21 per cent), using the same phrases as your parents (21 per cent), monitoring your fuel consumption (21 per cent) and taking up gardening (21 per cent).

Meanwhile 61 per cent admit they've found themselves buying the same things as their parents, from furniture to fashion accessories.

So, it's little wonder that 94 per cent of Britons believe that certain family traits can be genetic, getting passed down through generations.

In fact, 88 per cent of parents admit they see their own personality in their children - with 19 per cent confessing their kids hate it when they're told this.

The research, commissioned by [M&S Credit Card](#), also reveals that the vast majority of the nation (87 per cent) have family and friends who have turned into their mum or dad - with a quarter admitting they know plenty of people who are becoming versions of their parents.

Over half (58 per cent) have noticed their own partners behaving more like their parents as they age – with nearly all (95 per cent) believing this has become more obvious as they've got older.

While the majority are embracing the shift, over a quarter (27 per cent) find the idea of turning into their parents amusing, with a further 14 per cent pleased and delighted (13 per cent) at the thought. One in eight (12 per cent) even say they are excited by the prospect.

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The research revealed that following your parents' lead can also have a positive financial impact, as one in five (20 per cent) say that one of the tell-tale signs of turning into your parents is undertaking a regular review of your finances. One in six (17 per cent) believe making sure you use loyalty and rewards vouchers to maximise your spends and making a household budget for spending, and (mostly) stick to it (15 per cent) are also definitive signs you are turning into your parents.

Paul Stokes, from M&S Credit Card, which commissioned the research said: "It's clear to see that many of us find ourselves turning into our parents as we get older, but that isn't such a bad thing, especially if we're following in their financially savvy footsteps.

"Taking their parents lead, shoppers are embracing the power of loyalty and reward programmes to ensure they're maximising their hard-earned money. Using them to make the most out of their purchases, whether treating themselves or helping the everyday budget stretch further, ensuring their loyalty is not just appreciated but also rewarded".

29 per cent admit they find themselves doing things their parents would do on a weekly basis, but 28 per cent confess it happens on the daily and a further one in ten (11 per cent) catch themselves acting like their parents multiple times a day.

Of those who do see themselves becoming more like their mum or dad, 80 per cent say it's made them realise their parents were right.

The research also quizzed parents on how their relationship with their own mum and dad has influenced how they're raising their children, with 87 per cent agreeing that you learn to be a parent yourself from your own parents.

And over two thirds (78 per cent) acknowledge that having their own kids made them realise just how similar they are to their parents.

Signs you're turning into your parents

1. You complain about the weather	36%
2. You fall asleep on the sofa	33%
3. You dress for comfort over style	31%
4. You like to be tucked up in bed by 10pm	27%
5. People tell you that you look like your mum or dad	27%
6. You talk about 'young people'	24%
7. You don't recognise the latest music in the charts	21%
8. You monitor your fuel consumption	21%
9. You use the same phrases as your parents	21%
10. You've taken up gardening	21%

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11. You review your finances on a regular basis	20%
12. You have a favourite chair	20%
13. You realise your parents were right all along	20%
14. You love making homemade treats	17%
15. You use a hot water bottle	17%
16. You like to “neatly” pack your suitcase	17%
17. You make sure you use loyalty and rewards vouchers to maximise your spends	17%
18. You don’t like to accept invitations to parties or dinners that start after 8pm	16%
19. You feel guilty if you sleep in past 8am	15%
20. You make a household budget for spending, and (mostly) stick to it	15%

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Notes to Editors:

Research of 2,000 Brits was commissioned by M&S Bank and conducted by [Perspectus Global](#) during December 2024.

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About M&S Bank

M&S Bank (the trading name of Marks & Spencer Financial Services plc) launched in 2012 on the foundations of M&S Money, which was established in 1985 as the financial services division of Marks and Spencer plc. In November 2004, HSBC bought 100 per cent of the share capital of Marks and Spencer Retail Financial Services Holdings Limited.

Today, M&S Bank operates as a joint venture arrangement between HSBC and Marks & Spencer, however, M&S Bank has its own banking licence and its own Board.

M&S Bank offers a broad range of financial products, including the M&S Credit Card, and a range of loans, savings and general insurance products, while its travel money service offers one of the widest ranges of currencies available on the high street.

HSBC UK

HSBC UK serves over 14.9 million active customers across the UK, supported by 23,700 colleagues. HSBC UK offers a complete range of retail banking and wealth management to personal and private banking customers, as well as commercial banking for small to medium businesses and large corporates. HSBC UK is a ring-fenced bank and wholly-owned subsidiary of HSBC Holdings plc.

HSBC Holdings plc, the parent company of HSBC, is headquartered in London. HSBC serves customers worldwide from offices in 60 countries and territories. With assets of US\$3,099bn at 30 September 2024, HSBC is one of the world’s largest banking and financial services organisations.