

# Men's Health

## RELATIONSHIPS

### How to Win Over Her Mom and Dad

by [Kristen Domonell](#) September 22, 2013



Time to turn on the charm.

Not hitting it off with her folks? Evolution could be to blame for parents' tendency to not approve of who their daughter is dating, according to a new British study.

Scientists found parents have evolved to believe that they'll need to invest more resources in a daughter whose partner isn't supportive enough, and so they're less likely to sign off on a guy they think can't provide (and will cause them to dish out more dough).

Meanwhile, daughters prefer a mate who takes care of them, but they're less worried about it than their parents, says study author Tim Fawcett, Ph.D.

Sure, evolution could be the reason why your new girlfriend's mom and dad may not love you yet. But maybe not. To leave a good first impression on her folks, do this after dinner: Say to your girlfriend, "They're a lot of fun. I'd love to see them again." She'll pass it on, and if they're like most people, they'll respond warmly to your positive comments, says Richard Sackett, Ph.D., a NYC-based psychologist.

Within the next couple of days, email them: "It was great meeting you. Thank you so much for dinner. I loved hearing about your trip to Spain, and, as we were also talking about, I saw this Neil Young article online and thought you'd enjoy it." A short note is upbeat and unobtrusive. Send the note to the parent who'd be most interested in the link—they'll both read it. By doing this, you've given them your e-mail address and initiated your own relationship with them.