**Table S1** Generalised linear mixed model output for analysis of parental telomere length offspring sex ratio. We ran seperate models for mothers, fathers, and the mean telomere length of both parents.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Estimate | Std. Error | z value | P |
| Mothers |  |  |  |  |
| (Intercept) | 2.881 | 1.338 | 2.153 | 0.031 |
| Maternal TL | -0.624 | 0.235 | -2.65 | 0.008 |
| Maternal age | 0.111 | 0.132 | 0.835 | 0.403 |
| Num. Helpers | -0.509 | 0.578 | -0.881 | 0.378 |
| TQ | 0.47 | 0.947 | 0.496 | 0.62 |
| TQ | 0.47 | 0.947 | 0.496 | 0.62 |
| Fathers |  |  |  |  |
| (Intercept) | 5.859 | 4.302 | 1.362 | 0.173 |
| Paternal TL | -1.172 | 0.818 | -1.432 | 0.152 |
| Num. Helpers | -0.084 | 1.148 | -0.073 | 0.942 |
| TQ | -5.898 | 5.134 | -1.149 | 0.251 |
| Paternal age | -5.398 | 2.053 | -2.63 | 0.009 |
| Combined |  |  |  |  |
| (Intercept) | 3.447 | 1.101 | 3.13 | 0.002 |
| Parental TL | -0.648 | 0.202 | -3.215 | 0.001 |
| Maternal age | 0.053 | 0.092 | 0.582 | 0.56 |
| Paternal age | -0.083 | 0.095 | -0.866 | 0.386 |
| Num. Helpers | -0.387 | 0.397 | -0.976 | 0.329 |
| TQ | 0.159 | 0.734 | 0.216 | 0.829 |

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**Table S2** Linear mixed model output showing the relaitonship between parental and offspring telomere length in the Seyhelles warbler. We ran seperate models mor mothers, fathers, and the mean telomere length of both parents.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Estimate | Std. Error | t value | P |
| Mothers |  |  |  |  |
| (Intercept) | 6.938 | 5.929 | 1.17 | 0.242 |
| Maternal TL | 0.139 | 0.175 | 0.793 | 0.428 |
| Sex | 0.727 | 1.372 | 0.53 | 0.596 |
| Num. Helpers | 0.295 | 0.39 | 0.757 | 0.449 |
| TQ | -0.289 | 0.592 | -0.489 | 0.625 |
| Maternal TL x Sex | -0.088 | 0.257 | -0.342 | 0.733 |
| Fathers |  |  |  |  |
| (Intercept) | 10.798 | 10.099 | 1.069 | 0.285 |
| Paternal TL | 0.481 | 0.203 | 2.367 | 0.018 |
| Sex | 3.108 | 1.997 | 1.556 | 0.12 |
| Num. Helpers | 0.692 | 0.479 | 1.444 | 0.149 |
| TQ | -0.867 | 0.977 | -0.888 | 0.375 |
| Paternal TL x Sex | -0.576 | 0.401 | -1.434 | 0.151 |
| Combined |  |  |  |  |
| (Intercept) | 12.888 | 9.653 | 1.335 | 0.182 |
| Parental TL | 0.769 | 0.286 | 2.692 | 0.007 |
| Sex | 3.69 | 2.359 | 1.564 | 0.118 |
| Num. Helpers | 0.874 | 0.465 | 1.878 | 0.06 |
| TQ | -1.231 | 0.938 | -1.313 | 0.189 |
| Parental TL x Sex | -0.672 | 0.485 | -1.385 | 0.166 |

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**Table S3** Generalised linear mixed model output showing the effects of telomere length and sex on survival to adulthood in juvneile Seychelles warblers.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Estimate | Std. Error | z value | P |
| (Intercept) | -0.573 | 0.823 | -0.696 | 0.486 |
| TL | 0.518 | 0.207 | 2.499 | 0.012 |
| Sex | 3.808 | 1.213 | 3.139 | 0.002 |
| TL x Sex | -0.746 | 0.261 | -2.862 | 0.004 |

**Table S4** Generalised linear mixed model output for analysis of parental condition on offspring sex ratio. We ran seperate models for mothers, fathers, and the mean body condition of both parents.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Estimate | Std. Error | z value | P |
| Mothers |  |  |  |  |
| (Intercept) | -0.378 | 0.702 | -0.539 | 0.59 |
| Maternal condition | -0.084 | 0.452 | -0.186 | 0.853 |
| Maternal age | 0.11 | 0.132 | 0.835 | 0.404 |
| Num. Helpers | -0.403 | 0.563 | -0.715 | 0.474 |
| Fathers |  |  |  |  |
| (Intercept) | -0.026 | 0.759 | -0.034 | 0.973 |
| Paternal condition | -0.384 | 1.116 | -0.344 | 0.731 |
| Num. Helpers | -0.213 | 0.969 | -0.22 | 0.826 |
| Combined |  |  |  |  |
| (Intercept) | 0.548 | 0.565 | 0.971 | 0.332 |
| Parental condition | -0.792 | 0.47 | -1.687 | 0.092 |
| Maternal age | 0.066 | 0.089 | 0.74 | 0.459 |
| Paternal age | -0.134 | 0.087 | -1.538 | 0.124 |
| Num. Helpers | -0.242 | 0.372 | -0.652 | 0.514 |

**Figure S1** Parental body condition in relation to sex ratio in the Seychelles warbler. **A** Maternal and peternal body condition are not related to one another. **B-D** Offspring sex ratio in relation to maternal (**B**), paternal (**C**) and mean parental body condition (**D**). Individual points represent individual male (top) and female (bottom) offspring. Lines and shaded areas represent fitted values and 95% confidence limits from a logistic regression.

