**Tables and Figures**

**Figure 1** Juvenile sex ratio in the Seychelles warbler. **A** Sex ratio over time in juveniles. The dotted lines represent 95% confidence limits from simulated sex ratio data based on temporal variation in sample size. **B** Offspring sex ratio in relation to maternal telomere length in nestlings, and **C** in fledglings. 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.

**Figure 2** Maternal telomere length and offspring condition and survival in the Seychelles warbler. **A** Offspring telomere length in relation to maternal telomere length in nestlings, and **B** in fledglings. **C** Offspring survival to adulthood in relation to telomere length in nestlings, and **D** in fledglings. Lines and shaded areas represent estimates and 95% confidence limits from a linear regression (**A**) and logistic regression (**B**). Blue = males, red = Females.