**Tables and Figures**

**Figure 1** Sex ratio over time in Juvenile Seychelles warblers. The dotted and dashed lines represent equal sex ratio and 95% confidence limits from simulated sex ratio data based on temporal variation in sample size, respectively.

**Figure 2** Parental telomere length and offspring sex ratio in the Seychelles warbler. **A** Maternal and paternal telomere length are not related to one another. **B-D** Offspring sex ratio in relation to maternal (**B**), paternal (**C**) and mean parental telomere length (**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.

**Figure 3** Parental telomere length and offspring condition and survival in the Seychelles warbler. **A** Offspring telomere length in relation to maternal telomere length, **B** paternal telomere length, and **C** mean parental telomere length. **D** Offspring survival to adulthood in relation to telomere length. Lines and shaded areas represent estimates and 95% confidence limits from linear regressions (**A-C**) and logistic regression (**D**). Blue, dashed lines = males, red, solid lines = Females.