Saying 'This'

Éste and ésta mean 'this'. You use them when showing something to somebody or introducing someone.

Éste es tu dormitorio
This is your bedroom

Éste es mi hermano
This is my brother

Éste is used with masculine nouns and ésta with feminine ones.

Éste es mi padre
This is my father

Ésta es mi madre
This is my mother

For the plurals, you use éstos and éstas.

Éstos son mis padres
These are my parents

Notice that if you're talking about both masculine and feminine nouns (as in the case of parents), you always use éstos.