

7.3 Choosing the Sex of Your Baby

The sex of your baby can be chosen with a high degree of certainty by controlling the frequency, or timing, of intercourse. This method is not widely recommended by doctors because it is not 100% effective; nonetheless, it is very useful information for couples intending to have babies. This “Shettles' method” was researched and first published by Dr. Shettles, a fertility doctor around 1970, and more recent editions are now available:

[How to Choose the Sex of Your Baby: Fully revised and updated](#)

The general principle is that the male sperm is smaller and more motile than the female sperm, so that if mixed sperm is suddenly ejaculated into a (sperm free) uterus, and there is a waiting ovum, the male sperm will reach the ovum first, thus producing a boy. Because the female sperm is larger, it survives longer in the uterus. Thus if new sperm is supplied every day, the long term equilibrium inside the uterus is an excess of female sperm. In this case, an ovum entering the uterus will tend to produce a female baby.

To over-simplify, frequent sex (daily) will result in a girl (unless conception occurs during the first episodes), and infrequent sex (once a week or less) will result in a boy. The reality is much more complex depending on exact timing with respect to ovulation, the PH of the female reproductive system, etc.

These observations suggest that the success rate for producing boys should be slightly higher than that for girls, and this is apparently confirmed by statistics. In under-developed countries, the male infant mortality rate is higher than for females, which tends to restore the 1:1 ratio of adult males to females.

This ability to choose has some social and moral implications. The one-child policy in China is producing a reported imbalance of over 10% more boys than girls depending on the region, which implies that selective abortions and infanticide are occurring. The reported imbalance

is probably overblown because many girls are simply not registered.
Anecdotes of infanticide of newborn girls abound in India, but the gender ratio in India is closer to 1 than in China today (2010).