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The "Gender Reveal"

What is the "gender reveal?"

This is for pregnant women who want to have some fun when they announce (reveal) that they are having either a boy or girl! This can be done at a special dinner for two or can be part of a social event such as a baby shower, family gathering, etc.

First, find out what you are having

It starts at the doctor's office when the couple goes in for a sex check ultrasound or the sex of their baby is determined from a diagnostic test such as CVS or perhaps the new "fetal DNA in the mother's blood" test (Sequenom MaterniT 21 Plus for example). Then someone in the doctor's office writes down the sex (in secret) and places the info in an envelope for you to use later.

Here are a few gender reveal methods that we have heard from our patients:

1. The Cake Method – take the envelope to a bakery and tell them you want a red (pink) filling inside the cake if a girl or a blue filling if a boy. Have a party or a baby shower and cut the cake! Variations include the moon cake method (have custom moon cakes baked) or the fortune cookie method (have custom colored slips of paper inserted)
2. The Gift Box – buy a cute pink outfit and a cute blue outfit for a newborn. Take them both to the clerk for gift wrap and give her the envelope. Ask her to only wrap the correct outfit. Make sure you do not see what she does! Unwrap at a special event.
3. The Piñata – have someone you trust buy colored candies (such as Starburst or Skittles or M&M's) that can be separated into red or blue colors and fill the Piñata with them. Have at it!
4. The Spray Paint Reveal – If you have a little kids who would not mind being doused with colored water, preferable at the beach on a warm day, then this reveal is for you. Take the envelope to an enterprising photographer. Have him/her prepare the correctly colored water in non see-through spritzer bottles. Everyone wears white. You all go to the beach: mom, dad, kid (or kids) and the photographer. Get everything ready for the pictures, count to 3, and then start spraying each other. It's fun anyway, with the added excitement of the boy/girl reveal. Great memories, too. (A patient gave us this one – her friend did it!)
5. Use your imagination! We invite you to submit your "gender reveal" story to us. We plan to include these on our web site and in a future newsletter. Send an e-mail to: obgyn@fowh.com. Thanks!