The purpose of the study is identified traditional belief and practices that determine the sex of the baby before pregnancy and estimate during pregnancy in Isparta area and assessed similarities and differences the belief and practices in other regions. To this end, is prepared interview form consist of open-ended questions. It is interviewed 23 females who have treated in Suleyman Demirel University, Faculty of Medicine, Department of Obstetrics and Gynecology about traditional methods of sex determination before pregnancy and sex estimation during pregnancy. The information obtained in these negotiations is categorized and compared with traditional medicine practice in various regions of Anatolia. It is determined that some of traditional practices used in Isparta area are similar to the other regions and common belief and practices but some practices are applied only this area.